The background of the book cover is a photograph of a beach. In the upper half, dark blue ocean waves with white foam are crashing onto the shore. The lower half of the image shows golden-brown sand with a series of footprints leading from the water's edge towards the bottom of the frame. The title text is overlaid on this background.

How To Find Your Soulmate

in
Seven Simple Steps

For Women Only

Bryan Jameison

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**Driftwood Publications
San Diego, CA**

How To Find Your Soulmate
In Seven Simple Steps
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How to Find Your Soulmate in Seven Simple Steps

The Magical Power of The Creative Decision Process; How to make
Your Dreams Come True in Seven Simple Steps (Summer 2003)

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Dedication:

This book is dedicated to Bryan Jameison. It was his insatiable curiosity and his never ending questions about the human condition that led him to develop several breakthroughs in the spectrum of the human experience. His discoveries have enabled thousands of people to have more meaningful lives (May 1933-Dec 2002).

It does not take much strength to do things but it requires great strength to **decide** on what to do. E. Hubbard

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Preface

The main focus of this book is to acquaint those who are seeking to successfully understand and apply the ageless laws and metaphysical principles with the power of the **human will**. I have determined that there is no force on Earth more powerful for creating change than the **human will**. Also, it is my contention that Man manifests nothing on this planet without using the **will**, making a decision, preceding its creation.

My intent in writing this book is to teach you a simple seven step mental process that will help you gain control of one of the most important facets of your life—your personal relationships. The Creative Decision Process, presented herein, can be compared to the Rosetta Stone, which provided the key to deciphering and understanding the ancient Egyptian hieroglyphs. The **human will** is the key that unlocks the creative power of the Higher-Self/ soul, God and is the causal factor that underlies all human events.

In addition, I believe that everyone has this creative power within themselves to bring into being fulfilling lives, achieving goals and experiencing success through little more than the conscious application of their **will**. Regardless of past experiences, through its use or misuse, each of us can create or destroy, prosper or perish, master life's challenges or allow them to overcome us.

The tools/steps that I have included herein will instruct you how, through the wise use of your **free will** you or anyone else can change a mundane life into an extraordinary one, turn a life of lack into one of plenty and change a life from one of merely enduring into one of "**living at cause.**"

Simply by making intelligent and thoughtful decisions, you can create a more satisfying life for yourself. It is through those decisions that you can reap the rewards in any endeavor you choose including having the type of relationship you desire with your own special Soulmate.

Introduction

The World's Best Kept Secret

Have you ever wondered why some people appear to be successful in matters of the heart, love and romance although they usually break all of "rules" and do all the wrong things? You may ask yourself why this is true, while others who do all the "right" things have nothing but failed painful relationships to their credit? In fact, I am fairly sure that you are one of those people or why did you buy this book?

Many times these successful people don't appear to have much going for them; they are neither overly attractive, nor do they possess charismatic personalities nor have fame or fortune. For all outward appearances, they are just average, or even below average, in every way, but they always seem to have someone special in their lives.

Millions of people have spent many a sleepless night pondering the question of why these people are successful, and those who seem to have everything going for them, are not. After finding no logical answers, many consider having a loving relationship as some sort of a miracle or just plain luck.

Unfortunately, the answer to this troubling question is, more often-than-not, overlooked because it is so blatantly simple. The plain truth is that every woman who now is in a loving relationship, decided to be in one at sometime in her life. That's all. Plain and simple. You'll discover that if you just ask any woman who is in a loving life why she is so lucky, she will tell you that she decided to have a happy, loving relationship, and to find some one with whom to have it. Those who are celebrating their fiftieth wedding anniversaries just decided to commit to each other for life. In their cases, there was no plan B. But that is not the usual scenario

because, until now, the wise use of free will to make decisions has been the "world's best kept secret." Fortunately, everyone can have a happier and a more fulfilled life just by applying the seven steps of the Creative Decision Process.

This may sound overly simplistic and/or absurd to some of you, but let me assure you that it is true. You may ask, "how or why do decisions make a difference?" Think about your own life experiences up to this point, as they always are your best teachers. Whether you now are in a satisfying, dead-end or no relationship at all, largely depends upon the decisions that you have made. The same principles apply whether your personal relationships are good, bad or non-existent. The worst thing is that you may not even be aware that the relationship is unsatisfactory, but as a result of it, you are absolutely miserable. You may even be experiencing physical pain because of the decisions that you made or those you have unknowingly allowed others to make for you.

Let me illustrate what I mean. Perhaps, you feel like you are on the edge of the cliff and believe that you are going to die if something doesn't change in your life. Then, at the last moment, as the last desperate attempt to change your fate, you finally make a decision because you feel you would rather be dead than to continue to be as miserable as you are now. I can assure you that, as a result of your decision, your life will change although there appears to be no visible way to escape your present situation. This decision can be made at any time or any place, such as while watching TV, going to work, looking at yourself in the mirror etc. Almost instantaneously after making a decision, you will experience a sense of relief. Simultaneously, the feelings of self-assurance, well being, optimism and confidence replace the negativity and dread you once had. Why does this happen? Nothing has changed on the outside, but inside you know your parents will disinherit you, your friends will drop you and everyone involved will suffer.

In spite of knowing these things, you still feel assured and reinvigorated as if a large weight had been lifted from your shoulders. The reason that everyone who makes that decision feels the same way is because, at the highest level, they know, that deep within, somehow everything will be OK. It's almost like being a passenger in a wagon train that is being attacked. At first glance, there appears to be no way out, but one young lady decides to live and escapes to the nearby rocks where she perceives she will be safe.

Then about an hour after making the decision, you probably will think about it and begin to have second thoughts about all the reasons why you should not have made it. Fear envelops as you begin to think how the decision will affect other people. "How will the children feel if I get a divorce?" "What will my mother think?" This goes on and on as you think of all the reasons why you shouldn't have made such a crucial decision. At this point, you may even decide to override it with an opposite decision, thus, canceling the original one.

Unfortunately, most people tend to stay in a sick relationship if they have tenure in it. Although both parties are extremely unhappy, and often are putting more time into it than it usually is worth, they tend to keep it in intensive care where it continues to fester. It's very likely that you have heard about miracles and how people change, but, in reality, the only thing that changes in the sick relationship is that everyone just gets older. As my grandmother used to say, "a slow sickness is a sure death."

No one likes to wear the "black hat." Consequently, one person may pursue the idea of trying to bring out the rescuer in the other person, whether it is her mother, father or the savior. (Remember what happened to the last savior.) Keep in mind that you only can change yourself; therefore, you must let others heal themselves.

The process of Creative Decision that I've outlined in this book can be used for anything and everything, honorable or dishonorable. It can be used to create life-long love relationships or improve an existing one. I can assure you that the decisions we make, or unknowingly allow others to make for us, do determine how we will react to and experience the events and circumstances we have chosen to experience during this lifetime.

Here is where I'll have to digress from those who teach manifestation workshops. As spiritual beings, who just happen to occupy physical bodies, we apparently are not limited by any transitional circumstance. A psychic friend of mine once said, "All things come to pass, that is why they come." This also, applies to decisions.

Some of our decisions are made to last a lifetime or longer, while others are short-lived. (Also, apparently before we are born, each of us is given an overview of our up-coming incarnation. We preview information such as everything about our future parents, spouses, children, abilities and shortcomings before we decide to experience the challenges and obstacles that they represent. These choices, however, will in no way block or limit the decisions that you make after your birth. They do, indeed, establish

strict boundaries and to go beyond any decision that we have not earned will never occur to us.)

This process might be called the dream machine in the mental set, although it has the tendency to shatter one's preexisting belief systems. For a moment, step back and take a look at what's been happening in the area of romance in your own life. Now think of the things that have not worked for you.

Because our society naïvely places a lot of focus on looks, many women feel that there is something wrong with them and believe that if they just change their physical appearance someone will want them. Maybe they lose weight, color or change their hairstyle, or even enhance their bust size. Some go so far as to actually change their appearance with lipo-suction, a face-lift and/or a "nose job." These things may be well and good, but I have found that they will not necessarily help either you or anyone else find a mate.

In addition, others often imply that something is wrong with them and may go so far to suggest that if the person changes they will be able to love her then. People who make these changes are deluding themselves. In fact, I have found that people will **not** be OK if they are trying to appear to be something that they are not. Unfortunately, everyone loses if a woman changes or modifies herself to please anyone other than herself.

In reality, who and what we are will be OK for the right person. If someone wants you to be something that you are not and is constantly trying to change you, then, obviously, he is not the "right" person regardless of what you might believe. Mr. Right will love you the way you are. Besides, no one can truly be something she is not. Unfortunately, too many of us try to conform to the images others create for their acceptability of us. This, too, is a horrible mistake.

Another common error along this same line is when a woman begins to compare herself with other women that do not have the defects that she perceives herself to have. This is the beginning of settling for less; consequently, in her own eyes she may believe that she is so unappealing that she often will intimidate herself and/or feel intimidated by others.

Through experience, I know that by using your **will** wisely, you can fulfill your desires, especially in the area of personal relationships. It can be a long-term marriage or a one-night stand, or anything else in between that you desire. I am aware that this may be difficult for you to understand, but believe me, it works for everyone who is willing to make a decision to

become what they desire or have whatever they wish. In doing so, I can attest that to you that their lives literally will change. I have seen this occur thousands of times after a person has made a decision. Looking at the aftermath of your poor decisions they are more easily recognized.

There always are those people who, of course, choose not to believe the power of decisions and refuse to make one for a variety of reasons of which, the main one is fear. In addition to dealing with the fear of the unknown, they intuitively know that once they make a decision to change their lives, their lives will change. This is particularly true in the area of personal relationships. In addition, they know that they must accept the full responsibility for the chain of events and changes in circumstances that result from a spin-off of their decision. The woman who makes a poor decision has no one to blame but herself for her wretched romantic involvements, not God, her parents or lack of opportunities, just her own poor choices. On the other hand, **not** to make a decision is and of itself a decision. This approach is extremely dangerous because it opens the door for others to make our decisions.

Let me assure you that winning the game of romance doesn't imply that someone has to lose. For anyone to be a winner in a relationship, both parties must benefit equally. I absolutely believe that we were put on this Earth to be happy and totally reject the notion that as spiritual beings, we must suffer and be unhappy. To me this is a basic spiritual premise upon which this book is based.

In it, I have included several examples of true-life romantic relationships that occurred after these women took charge of their lives, by using their free will. In each case the person decided to have a loving relationship and then decided to find someone with whom to have it.

Richard Bach captured this nuance of life in his book, *Illusions*, Chapter one, verse twenty-three. *"And a voice spoke to him on the hilltop. A voice neither male nor female, loud or soft, a voice infinitely kind, and the voice said unto him, not my will but thine be done. For what is **thy will** is my will for thee."*

Chapter 1 *Those Sacred Cows*

Before going any further, it is time to set aside all the myths and beliefs, the "sacred cows," that you previously believed were necessary in order to have a fulfilling relationship with the mate of your wildest dreams. This is necessary because the process outlined in this book that you will be learning to use is totally incompatible with everything that you have been taught to believe up until now. Let's face it, if what you have been taught worked you would not need this book. As far as I am concerned, the only thing the sacred cows are good for is hamburger.

Many women, including yourself, probably have attended a weekend retreat or seminar or have read countless books that focused on those things, which you had to do and believe in order to enhance your love life. These workshops teach the enrollees that whatever it is they desire to create in their lives, they must write them on cards after which they must strategically place them in their environment where they can see them 24/7. Also, they usually are instructed to begin every affirmation that they make with the words, "I am." I am happily married, I am a mother with three point five children etc." This premise is similar to "brain washing;" the idea being that if you constantly bombard your so called subconscious mind with these lies, it eventually will accept the false programs as truths, after which they then will be magically manifested.

These workshops are designed to have a person reach a point at which she is willing to substitute a fantasy for a reality, to deny her actual life experiences and replace them with fairy-tales. Consequently, she will be asked to ignore the events which are actually occurring in her life. If she is alone and lonely, she is supposed to forget that and, instead, convince

herself that she is happily married to the man of her dreams, has three point five children and lives in a beautiful home in the suburbs.

As I see it, if this is not you, you will be lying, in denial, or you have a very distorted view of reality. If you come in with "I Am" and you are not that and you know you are not, then you're buying someone else's story. You can affirm anything you desire but when you look in the mirror, you will see that nothing has changed. The Indians are still attacking your wagon and you are still thinking, "What is wrong with me?"

In addition, if you find that you are unable to accept this new mental image of yourself, you often will begin to feel that there is something wrong with you. The workshop facilitators will assure you that the reason your desires go unrequited is because you lack the ability, conviction or beliefs needed to make it happen. Unfortunately, after taking a number of these workshops or reading a dozen books or so on the subject you could easily reach the point of writing yourself off as an abysmal failure.

As far as I am concerned, if you believe that you are married and have a family and home, when in fact you do not, and have not even had a decent date for months, and live in a tiny walk-up flat and are anything but fulfilled and happy, you obviously are delusional. I'd say that you, indeed, need a "shrink." There are people locked securely in padded cells that sincerely believe that they are Jesus or Napoleon.

In addition to the importance attributed to affirmations, these workshops emphasize the necessity of visualizing your goal/man, i.e. seeing yourself happily married to the man of your dreams. (Happiness cannot be visualized.)

Also, there are books that contain the most beautiful affirmations that both God and Man can create. These books are everywhere and people buy them, read them and follow directions. They affirm everything and still nothing changes. Thus, they then buy another book on how to live a fulfilled life. Once again, eventually, these people may begin to believe that something is wrong with them, which absolutely is not true. **Something is wrong with their affirmations.** If affirmations did work all a person would have to do would be to believe, affirm, contend, and visualize. The result would be that everybody who went into the game would be whatever she desired to be and have everything that they wanted. Obviously, it doesn't work that way.

These women continue to buy every metaphysical book on the

market. They become 'metaphysical junkies.' After observing this for a number of years, I began to think that there was something still missing. In my search to find that missing link, I finally discovered a book, *Hermetic Philosophy*. It is all about the philosophy of the Universal Laws that most Master Teachers subscribe to either intuitively or otherwise. Even after finding and reading this and everyone's ideas about the subject, I still believed that there was something missing. Just wanting a fulfilled and happy life wasn't working for very many people. On the other hand, a Physical Law should work the same for everyone. Therefore, it stands to reason that if any Physical law such as Gravity was applicable on any part of the planet, I assume it would apply elsewhere, but, of course, it does not. (Everyone knows that the Law of Gravity is different on our moon than it is here on Earth.)

Once, when Carl Sagan was talking about the Laws of Physics and the Cosmos, and how they related to the Saturn Rocket that just had been launched, he said, "Isn't it wonderful the same Laws of Physics that work here on Earth are true throughout the Universes." Then, of course, it later was discovered that the rings of Saturn are not operating on **our** Laws of Physics. Interestingly, to that he said, "there are things we just don't really understand."

Another Law we do experience here on Earth is the dimension of Time. Thus, to affirm something that requires **Time** in order to be manifested without allowing for it, is violating one of the basic principles of a Universal Law, principles you incarnated here to experience. When you say that you are happy when you are really miserable or affirm that you wear a size twelve dress when you actually wear a size eighteen you are deluding yourself. If, however, you include the dimension of Time, you can use the Creative Decision Process to become a size twelve, have a happy marriage, a great relationship, a decent job or whatever you choose to do, have or become. When making any decision, you must allow for a certain amount of Time for it to happen. Not allowing for it is denial of reality.

Still, there are many workshop facilitators as well as some people, who deny the existence of Time. One only has to think about it to know that the Time is necessary. It takes approximately nine months before a baby is developed enough to be born. Michelangelo took several years to paint the Sistine Chapel. Also, we know that the Egyptian pyramids took years and years to be built. Consequently, to say that you are something

without allowing for sufficient time to become that is a denial of the Time factor, as well as other existent realities as we perceive them.

For instance, if you happen to be a passenger on the *Titanic* and the ship is going down, you know that you are going to die. If you decide to live, it's going to take a little time to get off of the boat and into a life raft. Obviously, most of the people on the *Titanic* didn't have too much **Time** to find a raft even if there had been any.

Interestingly, you'll find the same people attending one such workshop after another and buying one book after another while surprisingly maintaining a state of wide-eyed gullibility. Yet, at the same time, they either go home to an empty apartment or are bouncing from one dead-end relationship to another. They definitely are testimonies of the old saying, "Hope springs eternal." So much for the new-age, dearly beloved claptrap.

Now, let us look at some of the more traditional supposedly sacrosanct beliefs, such as positive thinking and the power of prayer. I do not have any problem with positive thinking. Without a doubt, it is more desirable to be optimistic rather than pessimistic, anticipate a happy ending rather than a bad one, to think of yourself as desirable and attractive instead of seeing yourself as unworthy, unlovable and undesirable. It is a Truth that no one else can love or appreciate you anymore than you love yourself. If you are unwilling to love yourself, how can you possibly expect anyone else to? Not only that, but you cannot accept respect from another more than you can from yourself.

When it comes to prayer, I am talking about the type in which you are asking your God to send you a perfect mate; ask yourself how long you have been praying that same prayer. I am sure that most everyone has heard of instances in which someone prayed for something to happen in her life and it did. Yet, we also know of people who have prayed for their life to change for the better but nothing changed. Too often people then will rationalize these unanswered prayers as God's way of saying, "no." Unfortunately, since the unanswered prayers usually so far out-number those that are answered, they often are referred to as "miracles." Since most people do not pray for anything that will harm them or anyone else, their motives cannot be attacked.

Inasmuch, as we have been taught to believe that whatever we define as God desires us to have a happy, healthy, loving and fulfilling life, there is no logical reason for our every prayer not being answered. This

dilemma often leads us to believe that there is something wrong with us. "Why else would God deny us?"

Finally, let us look at the last sacred cow, hard core realism. This false idol mostly appeals to "left-brainers," who depend upon their abilities to apply logic and reason in their quests to find happiness.

Many women who desire long-term commitments mistakenly believe these age-old methods of logic can be used to meet their potential mates. Although there are many options from which to choose, few of these women meet someone who is interested in a long-term relationship by choosing any of them. For instance, one of the most common places to meet others is the singles bar or "the Meat Hook." This can be likened to the Jungles of Africa where the hunter stalks its prey. Although a couple may meet and there may be much sampling of each other, be aware most people who frequent these bars are not seeking long-term commitments. Therefore, it is unlikely that you will find exactly the person with whom you can have a mutually loving relationship.

Personal ads are not much better. In addition, there is the 900-phone number that can be the potential for all kinds of relationships. Once again, most of these folks on the other end of the line do not desire anything permanent. More recently, and gaining much popularity, are the "chat rooms" on the Internet. As most people probably know, very few good and lasting relationships come from this source. In fact, many of them are not only very bad but often are extremely dangerous. Too often, any of the above options place a person in jeopardy. I firmly believe that they should not even be considered as an acceptable way to meet a person or a potential mate.

In addition, there are the notorious "girl-boy games." Many books have been written about how to arrange a well-timed "coincidental" meeting and/or how to attract that special person. Hours of planning go into these "coincidental" meetings. In order to please the potential man, a woman will try to find out where the special "He" works or spends his free time. Then she arranges to "bump" into him hoping that "He" will notice Her. For instance, "he" may go jogging every morning so she "arranges" to be somewhere on his jogging route.

Also, she may try to discover the type of woman he likes and the things in which he is interested. Then she contrives to become the person she assumes he likes. Statistically, this is a more common practice of women rather than men. A man usually is more straightforward when it

comes to meeting a woman to whom he is attracted. This difference absolutely has a lot to do with culture.

Now, you may feel discouraged after reading about how not to find a man you desire but don't despair because none of the above methods are necessary. My approach to this "problem" is very different. In this book, you will read about a simple and sure-fire way to have the relationship of your dreams. Through a little known process of using your free will to make a decision to have, to become or find, you can have the relationship with a man you have always longed for.

Chapter 2 *The Universal Mind*

There are a few basic assumptions that a person must accept as being true in order to make any logical sense out of, and understand, the Creative Decision Process that I discovered. In addition, it is necessary for the person to have an open mind, as well as, set aside any previously held belief system. Most importantly, the person also must be willing to accept personal responsibility for the outcome of the decisions that he or she makes.

Because decisions always result in change, they are often difficult to make. Consequently, many people usually put the burden of making decisions on God, the Universe or whatever they call the unseen spiritual forces, or knowingly or unknowingly, allow others to make their decisions. In that way they do not have to accept the responsibility for the resultant events. This is particularly noticeable if the decisions concern romance and relationships. Sadly, survey after survey indicates that most Americans are dissatisfied with their relationships, careers and life in general. Yet, each person has the magical power of **free will** to make a decision in order to become, to have or to do anything she desires.

Since we are Spiritual Beings occupying a human form, we are able to think of the future and choose our destinies, which no other animal can do. (When I refer to humans as Spiritual Beings it is not in a religious sense, but rather, to signify that the human essence is non-physical in nature. Therefore, we truly are intelligent Spiritual Beings.) Thus on the metaphysical level, we are in constant contact with all other Spiritual Beings of a like type. I believe this ability to communicate with others is possible only because of the existence of an invisible common carrier of all consciousness, which I call **The Universal Mind**.

The Universal Mind also can be compared to the Internet or the World Wide Web (www) in that all living things share its consciousness at one level or another. Consequently, we are able to communicate with everyone on this planet, and perhaps beyond. Furthermore, **The Universal Mind** can be compared with the ether which carries radio, TV and computer signals from broadcast stations to radios, computers and TVs.

For the record, there is no scientific proof that **The Universal Mind** exists nor is there proof we are Spiritual Beings. As I see it, however, it is the only plausible explanation for most, if not all, of the synchronistic events, which are explored herein. The fact that my hypothesis cannot be scientifically proven doesn't mean it is wrong. I've never met a scientist or a cynic who scientifically can prove, either in or out of a laboratory, that love exists or that there is a heaven or a hell; nevertheless, I believe most scientists agree that these things do exist.

For the sake of argument, let us assume that a **Universal Mind** exists on this planet, and that it is this phenomenon which enables a mother in Chicago to know when something terrible has happened to her daughter on some far-away highway or enables a person to know that there will be a letter from a long lost friend in the mail when he arrives home, or allows a person to know who is on the other end of the telephone before the receiver ever is picked up, or to instinctively slow the car several blocks before running into a detour or a road block.

These "knowings" are the result of what is called *intuition*, a phenomenon that has baffled humans since they first began to walk upright on the planet. At its highest level, every person's mind is tapped into this "something" which enables the phenomenal incidence of synchronicity to occur in the life experiences of millions of people on a daily basis. **The Universal Mind** is the medium through which our Higher Self/soul communicates with each person or animal on an invisible level in much the same manner as people possessing a cellular or digital phone can communicate with one another through the airways.

Traditionally, humans have believed that this ability to exchange information at this higher level, commonly known as telepathy, was limited to a few special people such as shamans, saints, mystics, and "mentalists" or as something weird out of the "Twilight Zone." The truth of the matter is that it actually is an ability that everyone has, and can use in a variety of ways with very little effort. Extra-sensory abilities are far more common than many people admit.

Women appear to be able to relate to and use this ability more often than do men. This may be because it has been far more acceptable for

women to use it. Fortunately this belief is slowly changing. It is simply a matter of learning how to control it consciously.

Inasmuch as I now have established the hypothetical existence of the **Universal Mind**, and ITS ability to communicate from one mind to another, it is necessary to define the "**Higher-Self**." As I already have mentioned, we are all Spiritual Beings playing human, and are functioning on a higher level of consciousness of which most of us are consciously unaware. Actually there really is nothing mysterious about this if you think of your **Higher-Self**/ soul as nothing more than the invisible spiritual counterpart to your subconscious mind which constantly is exchanging information with other minds via **The Universal Mind**.

It was during the mid sixties, a renowned plastic surgeon, Dr. Maxwell Maltz advanced the premise that the human brain worked in the same manner as does a computer with the conscious mind functioning as computer programmer and the subconscious mind as the computer. In his book, *Psychocybernetics*, he theorized that our thoughts and beliefs were the equivalent of computer programs that we constantly are entering into our subconscious mind, which, in turn, creates our reality. I, too, agree with his theory but take his analogy one step further and compare the **Higher Self** to a spiritual computer.

To this you might ask, "So what? What does this have to do with having a positive relationship, with the man of your dreams, or having a date for next Saturday night?" The answer is "Everything!" As formerly mentioned, humans are unlike any other animal on Earth in certain respects. I believe that we, both physically and psychically, send our messages throughout the world and into the universe. It is this psychic component that is most crucial because it is with our minds that we are able to transcend time and space.

The **Higher Self** is like a personal computer, and it's plugged into the main computer/**Universal Mind**. Since everyone is plugged into this main carrier of consciousness, we all can receive and transmit to anyone and everyone on both the mental and physical level. When you place an order (make a decision to have or become or do anything that you desire), it will be transmitted in exactly the same format as it was ordered. Neither the **Higher Self** nor **The Universal Mind** can dictate nor censor the type of programming it carries. Like a computer, the **Higher Self** is totally objective and benignly indifferent to the decisions we make. It only can do what it is designed to do. It cannot countermand or override any order/decision that a person makes.

Our decisions are much like personalized computer programs,

which, after being made, immediately begin to be executed by our **Higher Self**. Regrettably, the **Higher Self** makes no distinction between well made, thought-out decisions, than those, which are made absent-mindedly, irrationally or on the "spur of the moment." Obviously, it makes a lot of sense for you to pay attention to the decisions you make, inasmuch, as you will reap the benefits and/or the consequences of them or from the lack of them.

Also, all computers are formatted to accept certain programs and reject others. In designing our Higher-Minds, the Creator apparently formatted them to prefer those programs/decisions which would produce harmony, balance, beauty, creativity and joy in our lives. If that is not happening in your life, change the software. The fault lies with the program that you decided to use, not the computer.

After over thirty-five years of research, it has become very clear to me that once a decision is made, it will be executed unerringly as submitted, unless its execution will bring some harm, disappointment or pain to the person making it. In these cases the **Higher Self** will cause countless obstacles and blockages, which are intended to dissuade us from harming ourselves.

My research definitely indicates that after a decision is made, it becomes a catalyst, which sets in motion a chain of events and circumstances that ultimately will lead to the execution of the decision. Also, I believe, it's this physical manifestation of the spiritual networking outcome process in action to which Dr. Carl Jung was referring when he discussed the synchronicity of the events and circumstances in the universe.

Probably, many of you now are thinking about all of the decisions you have made during your life, which have not resulted in goal that you desired. You may be thinking I am really "off base." After you finish reading this book, however, I'm sure it will be very clear to you why you ever received disappointing results from some of your best-intentioned decisions, as well as seemingly miraculous results from decisions you made absent-mindedly. The one thing that should be quite apparent to any observant person, is that the **Higher-Self** makes no allowances for the ignorance of the Laws which govern ITS operation, any more than your computer makes allowances for you if you mistakenly hit the delete button instead of the save button.

Like your computer, the **Higher Self** was created to function on the assumption that you, as its programmer, knew what you were doing. But unlike the computer, whose manufacturer issues an instruction manual that

teaches you how to use it, to the best of my knowledge, there have been no comprehensive instruction manuals for the effective use of your power of decision until this book was written. The thought that we can use our **free will** to create our destinies is a relatively new idea.

Maybe, when you were a small child and saw a friend ride his bike on the sidewalk, you may have thought your friend had a special talent. But as an adult, you know that all your playmate was doing was tapping into and applying some basic principles. You need to remember that, before you were able to ride a bike, you had to conclude the chances were good that if your little friend could do it so could you. The principles that I present in this book are no different in that there is nothing mysterious about them. Within a few days, you will be able to apply them to improve any aspect of your life as easily as your little friend rode his bike freely and fearlessly.

Usually, however, where it concerns life-changing decisions, most people are unwilling to risk experiencing the embarrassment of failure until they reach the point where they have nothing to lose. When you initially took it upon yourself to learn to ride your bike, you had to pay close attention to what you were doing, otherwise, the risk of a skinned knee or elbow was real. In the same way, there is a chance a person can make a poor decision, unless she pays attention to the wording of it. In that way the risk becomes less likely.

Now brace yourself for a big shock. In order for my process to work, it is NOT necessary for you to believe it will work or even understand how it works. Being successful does not depend upon your looks, religion, and state of Grace, "IQ," or mental attitude. Neither is it contingent upon your ability to visualize your goals, work hard, nor create and recite positive affirmations, chant, nor develop short-range strategies to attain your goals. It's not even necessary to be a positive thinker or pray that the process will work. The only thing you have to do is to follow the simple instructions presented herein, about how to make a decision and then do it.

Perhaps, another surprise is that you and everyone else on the planet has been using this process throughout their lives whether they were aware of it or not. Even though men usually are unaware of what they are doing, they often instinctively seem to use the decision-making process. Regrettably, most women do not. I believe this is because, early in a man's life, he is taught to believe that he must be decisive in order to succeed. On the other hand, most women are conditioned to be reactive beginning in early childhood. As a result, women spend endless hours coping with the

consequences of the decisions of others or trying to manipulate the decision making process to affect a favorable outcome instead of making their own decisions. This especially is true when it comes to matters of the heart. In general, however, the difficult problem to overcome is that both men and women have failed to realize that **their decisions are the causal factors, which determine the outcomes of their lives.**

It is my contention that there is nothing more powerful than the **human will** when applied wisely. Nothing ever has been created, or ever will be created without somebody or something first making a decision. This is certainly true in the case of making personal decisions. Without exception, either you are making decisions for your life, or you are reacting to the decisions someone else has made for you. To put it more bluntly, either the person is on your menu or you are on theirs'. Somebody is calling the shots and someone else is reacting to them.

For example, mothers of little girls teach them how to convince their fathers to decide to buy them a new doll, dress or bicycle. By the time they reach adolescence, these girls are spending endless hours contriving ways to persuade some boy to ask them for a date, and much later trying to convince a man how wise it would be for him to choose her to be his wife instead of some other woman. ("Who, then, actually is making the decisions?")

After marriage, men usually believe that they make the major decisions in their lives such as: what type of car they will have, where they will live, the type of house they will live in, and whether or not their wives will work outside of the home, do they? Many women now are beginning to realize that they are as intelligent, competent and capable as most men in deciding their own fates.

As a result of this newly found awareness, women have accomplished more in their careers over the past sixty years, than anyone would have believed possible. Women now are successful professionals in every field: medicine, law, politics, etc. and in jobs which, heretofore, were reserved for men only such as; truck drivers, heavy equipment operators, police officers, and construction workers. Also they realize that they have the ability to take control of their lives and are expected to do so. Both men and women are capable of making all of their own decisions, contrary to what they might have been taught during childhood.

Ancient, as well as some modern religious teachers, have taught us to believe that we have little or no control over the outcome of our lives, and that we are little more than helpless puppets to be jerked around from pillar to post by some type of awesome spiritual force, i.e. God or gods.

From ancient times to the present, we have been taught to simply resign ourselves to our inevitable fates, be they to our liking or not. Such teachings traditionally have stripped Man of his power to influence and/or control his destiny. It has turned him into little more than a powerless slave whose only proper function is to react to the whims of some divine providence. After Dr. Sigmund Freud appeared on the scene, however, people began to understand that other forces were at work in their lives, besides those expounded by religious leaders.

We learned that it was our minds and not the vagaries of the gods that largely determined our destiny. We also learned to think of ourselves as autonomous, isolated psychosomatic units. With few exceptions, most professionals in the mental health field hold this premise. Even Pope Pius XII once said, "Human Beings are psychosomatic units controlled and directed by the dictates of the soul." (Higher Self).

The health professionals, psychologists, counselors, hypnotherapists and etc. primarily have focused on the workings of the subconscious mind and its effect upon the conscious mind and visa versa. Through their guidance, we learned that most of our problems are traceable to unpleasant childhood experiences such as being potty trained too early. All we have to do to change our lives is to reframe our perceptions of those experiences. Unfortunately, reframing requires a person to submit to years of expensive therapy. Besides not being able to change a past event, reframing fails to consider the greater spiritual essence of Man. Consequently, at best, reframing is only a temporary "quick-fix."

Then, of course, there are the New Age Gurus who have borrowed from both the psychologist and the religionist. They have taught us how to use the power of positive thinking, creative visualization, upbeat affirmations and subliminal tapes in order for us to transform our lives. Unlike both the religionist and the psychologist, who emphasize the importance of developing coping skills that basically put us in a reactive mode, the New Ager has attempted to place us in the position of being the cause of our life experiences; hence, responsible for them. This philosophy places Man in the position of personal empowerment through working in concert with his spiritual forces.

Since I first delved into metaphysics, I have taken classes on positive thinking and read many books and listened to many tapes on the subject. There is a lot of new and exciting material, as well as some absurdities such as expounding that there is no God to punish me, or devil to destroy me. On the contrary, personal responsibility is emphasized. My focus tends to slant more towards the basic premise of New Age thought in

that we essentially are intelligent, Spiritual Beings, and as such, we have the ability to plan and create our destinies.

Because I believe that it is our **free will** through which our desires become realities, it is impossible for me avoid contradicting the teachings of some very well intentioned, intelligent people who have devoted their lives to the study of both the physical and spiritual mind. Even though it is not my primary intent, there is no way to avoid stepping on a few sacrosanct toes in my attempt to demystify and simplify my Creative Decision Process, which everyone can use to transform their lives, and in particular, their relationships. It's those previously mentioned sacred cows, to which I must take offense. I have found many of the premises of which the religionists, psychologists and New Agers advocate, do not work. Following are a few of these theories:

1. **The subconscious mind:** Experiences supposedly bleed from the conscious into the subconscious mind and, thereafter, influence ones behavior. But do they? Psychologists are unable to determine the seat of the subconscious mind.

2. **Belief:** We have been told that all it takes for our dreams to come true is to have faith and believe they will. Then when nothing happens, we are told that our faith and/or belief were not strong enough, or that we just didn't deserve what ever it was we believed we could have.

3. **Prayer:** Prayer alone doesn't work because we are asking God, who is outside ourselves, to do something for us--send me this or that. Interestingly, whenever prayers are answered it is considered to be a miracle. In actuality, in order for it to work, the person must first make decision to have, be or find it. It was the decision that caused the prayer to be "answered." As is evidenced, some people seem to have it all and never pray. Conversely, if people's prayers are not answered, they make excuses why God did not answer them.

I used to work in a hospital that had student nurses and statues of saints. On the fifth floor was St. Jude the Patron Saint of the impossible, and on the third floor was Saint Anne, the Patron Saint of the unmarried. On a good night St. Jude would have four or five candles and St. Anne would have a full house. This was a hospital in which people died everyday. Few prayed for the impossible.

The metaphysical method isn't much better for improving your life.

1. **Visualize:** We are told that we must first visualize the things we want before we can attain them. That's all well and good except twenty percent of the population are non-visual. Thus, they cannot picture the results in their minds. Also, how does a person visualize anything abstract

such as happiness, love or kindness?

2. **Affirm:** Some feel in some way the desire will be transferred from the conscious mind to the subconscious mind if they affirm their desires. The theory is if you repeat it often enough, the subconscious mind eventually will hear it and it will bleed into the subconscious.

3. **Have faith and think positively:** This implies that if you have a positive mental attitude, your desires, in some way will manifest. "As a man thinketh, so is he." Changing your attitude may cause you to feel better and have more friends, but its ability to manifest all of your desires is totally unlikely. It sounds good, but it doesn't work that way.

It is interesting to note that many of these meta-physical teachers, who are conducting manifestation workshops, are in horrible relationships. They were doing everything that they are teaching in their in their classes, but in many cases, nothing is happening the way it is suppose to happen. As I have said before, my contention is that there is nothing manifested by Man on this planet without a decision preceding its creation. Unless you make your decisions, you will find yourself reacting to the decisions of others, regardless of who you are, or what you believe or what you do.

The entire focus of this book is on how to use the power of the **free will**. Like the Rosetta Stone, which provided the most important key to the understanding of the Egyptian hieroglyphics, the **human will** unlocks the creative power of the **Higher-Self**, the soul, God or whatever you want to call IT. This book will teach you how to use your free will to control the aspects of your life just by making wise and thoughtful decisions.

Chapter 3 *Nothing New*

It may surprise you that there is nothing new about the process I've outlined in this book. In fact, you probably have been using, or misusing, it all of your life. You, just were not aware what it was or how it worked. Let me assure you that before anything can happen in your life, a decision has to have been made. Intuitively, everyone intuitively knows this. For instance, notice that whenever a talk-show host asks his guests what changed their lives, you'll hear them say, "I decided to...."

Everything created, whether it is a relationship, job, career, house, etc. began either as a fantasy, inspiration or dream, after which it was defined as a decision to create it, have it or become it. Everyone always is in the process of creating their reality, either consciously or unconsciously, through the decisions they make or those made by someone else.

Before describing exactly how you can use my Creative Decision Process to make your life more fulfilling and read various accounts of people who used it to do just that, I believe it is important to review how I discovered and developed this Creative Process. As you read how people have used it, you will become aware of just how simple it is.

I was about eight when I first began to realize that there had to be more to the life experience than what I had been taught. Because I was raised in a very religious home, I had been taught about the power of prayer. However, it wasn't very long before I noticed that some prayers were answered and others were not. The inconsistency of these results created a great deal of confusion for me. It was almost as if God were tossing coins; heads, my prayer would be answered, and tails it wouldn't be. Since I never prayed for anything that I felt would harm me, I couldn't

understand why all my prayers were not being answered.

One Christmas I asked for a new bicycle. What I received, nevertheless, was a well-ridden bicycle that was in dire need of repair and paint. When I asked the nun at school, why I hadn't received the new bicycle for which I prayed, she declared that God had answered my prayer. Before I could protest, she matter-of-factly told me, "God said, 'No'."

That not only did not answer my question satisfactorily, it made me even more determined to find my own answer to this elusive question. Because I was curious, I disputed the contention that through prayer or belief, one could attain material objects and/or happiness, or that God denied fulfilling those desires.

When I was a young adult, this inconsistency led me to further question my core beliefs. As a result, I began to go beyond the bounds of religion for answers. In college, I discovered psychology. This caused me to view Man as some type of psychological machine only acting and reacting to his environment and his conditioning. In addition, I learned about the conscious and the subconscious mind, the Id, Ego and Superego, as well as the impact they supposedly had upon our lives according to Dr. Freud.

Still, nothing that I studied sufficiently explained the many inconsistencies of the human experience. As far as I was concerned, there were too many large gaps in both the religious and psychological schools of thought. I felt that too much of what happens to us in our journey from the cradle to the grave remained inadequately explained.

During the following years, I attempted to somehow reconcile my early religious training and my education. To me, however, it was like putting the proverbial square peg into a round hole. In my opinion, the two schools of thought were incompatible. Although I was discouraged at times, I felt a need to figure out how the human experience worked.

My basic assumption was that some form of logical reasoning was at work in the Universe. Also, I felt that in some way each person had to have some control over his/her destiny. I could not accept that we were little more than a human version of Pavlov's dog that instinctively reacted to outside stimuli. Life had to be more than a game of ring the bell, spit. Nor could I accept the belief that some unknown God or gods could reduce me to a beggar pleading for favors or enduring curses from one moment to the next. I felt that everyone had to have some control of her destiny or what was the point?

Eventually, my frustration led me to conclude that everything that occurred in my life was the end result of mathematical probabilities and my mental attitude. Thus, I completely adopted Dr. Norman Vincent Peal's belief in the power of positive thinking and the idea that holding a positive mental attitude eventually would result in positive experiences. I accepted the idea that if I went to bat often enough, I was bound to hit a home run once in while. In other words, the right belief plus the right action equals positive results.

Yet, over the years, my life experiences definitely indicated that this was not necessarily true. When I was younger and worked as a salesperson, I began to wonder why, regardless of the product being sold, approximately twenty percent of the salespeople made eighty percent of the sales. I noticed that the failure-to-success ratio was about the same as it was before I used this method. Instinctively, I knew that there still was some unknown factor(s) missing from the equation and was determined to find it (them).

Naturally, I questioned what this blessed twenty-percent had going for them and the others lacked. This query led me to enroll in many goal-achievement workshops and motivational seminars.

On the surface, all the workshops, seminars and books on the subject sounded great and seemed to make a lot of sense. In spite of that, I noticed the graduates of such programs still fell into the same twenty/eighty percent ratio. This phenomenon not only baffled me, but also every sales manager with whom I discussed it. Millions of dollars have been spent on developing psychological evaluation programs, interviewing techniques, and motivational studies in an effort to eliminate this twenty/eighty percent differential but to no avail.

It wasn't until I read the book *The Magic of Believing* by Claude M. Bristol, written in the 1930's, that I began to put things together and find the answers I had been seeking. Mr. Bristol's premise was that certain Spiritual Laws exist and affect our lives as much as any of the physical laws such as of gravity and conservation. Although I had read countless books on living a more fulfilling life, his was the first that dealt with the power of the human mind and its influence upon the lives of all humans that made any sense. In addition, I discovered that these principles had been known for centuries.

To the best of my knowledge, Hermes Trismegistus, a Greek philosopher, was the first to expound upon these Laws. Much of the New

Age thought, as it has come to be known, is based upon the teachings of great teachers such as Murphy, Sherman, Anderson, Filmore, and Holmes who successfully combined certain spiritual principles with psychology, thus advancing the modernized versions of this school of thought. Regardless of everything they had to say, I, nonetheless, felt that there still was a missing factor. The devotees of these teachers also appeared to fall into the same two camps, the twenty-percent that were doing well to excellent and the other eighty-percent who were doing OK or becoming utter failures. After years of pondering this dilemma, I finally realized that, in spite of a person's religious background or positive or negative attitude, whatever happens to that individual during his life seemed to be related directly to the decisions he made for himself and those knowingly or unknowingly made for him by others.

I first recognized this connection after doing an autopsy on my own life as well as on the lives of others that I knew. Those whom I questioned about their lives reinforced my premise. In retrospect, I noticed that whenever I made a decision to do something that would enhance my life, it ultimately resulted in a successful outcome. As if by magic, suddenly all the pieces fell into place like the gears of a Swiss watch. Also, I discovered that if I made a decision, which ultimately ended in disaster, I had encountered one obstacle after another while pursuing my goal. Friends reported the same type of experiences. It happened too often to be attributed to mere chance. After years of much trial, error and observation, I finally felt satisfied that I had had found the missing piece. That elusive "piece" was the **Human Will**. I discovered that through its intelligent use, we could create whatever life we desire.

For you to more easily understand how to use your **free will**, think about some time in your past when you found yourself in a very uncomfortable relationship. You probably were miserable far more often than you were happy. The person with whom you were involved seemed to have little regard for your feelings or personal interests. There seemed to be no way to resolve your differences. You were at a stalemate. Whether this relationship had lasted for only a few months or for many years, you finally reached a point where the only thing that mattered to you was to get out of your predicament. It was clear if you stayed in your present situation, you would find yourself in an early grave. Then, after months or years of enduring the condition, you **finally decided** to get out of the relationship.

Now, stop for a second and think about how you felt immediately, and I mean within seconds, after you made your decision. If you are like everyone else, I believe you will discover that your immediate reaction was relief. After a deep sigh, your second reactive feeling was one of self-confidence and assurance. This is because somehow you knew that at some level of your being, in spite of the fact there didn't seem to be any logical way you could extricate yourself from the predicament that everything was going to be all right. In spite of that, you felt proud of yourself for finally making such a life changing a decision.

During those first few moments, there most likely was no doubt in your mind that your decision would come to pass. You probably didn't give any consideration as to how your objective would be accomplished. Now, if you'll just think about it for a second, up until that moment nothing had actually changed outside of yourself. Your external world was exactly the same. Like the heroine in a B grade melodrama, you still were tied securely to the railroad tracks and your captor was lurking nearby as the train continued to rapidly bear down on you. **Nothing** had changed except in your mind. And yet, you knew that somehow you soon would be freed from your perilous plight.

Now, when you stop and think about this, you can see that your responses were totally irrational after making your decision. You may even have said, "I know I must be crazy but I know that everything is going to be just fine." Why, then, may I ask, did you feel so good? After all, nothing really had changed or had it? Let me assure you that things had changed and, at soul level you knew they had. You knew that somehow the invisible dynamics, which controlled your life, had been forever altered. In fact, you could hardly wait to tell someone.

As you congratulated yourself for the courageous thing you had just done, chances are very good that the first person you told was the face smiling back at you in your make-up mirror. Then, as the Fates would have it, within the hour either you called a friend or she called you. You could hardly wait to tell her about the fantastic decision you just made to be free. Then, within a few days or a week after making your decision, things began to happen in your life. Whatever circumstances had caused your former misery ceased to exist. One by one, the formerly insurmountable obstacles, which had prevented you from moving on with your life, magically disappeared. Within a month or so, you were out of the situation. You discovered that whatever had to happen to get your life

moving again did happen and usually in a strange and fortuitous way with perfect timing. A series of synchronistic events occurred, which seemed to magically impel you onward to the life you had decided to have without you consciously realizing that which you had set in motion.

What you experienced was the power of decision in action. Actually there was nothing either mystical or magical about it. You simply had activated a spiritual principle. Through your decision, you programmed your Higher Self to take action to create whatever circumstances or events were necessary to execute your decision. This process may have necessitated your significant other to find someone else to "replace" you on the railroad tracks of life. Whatever was necessary to accomplish your desired end result came to pass.

No, I am not a mind reader; it's just that I know how the Decision-Making Process works. You made your decision and gave no thought about **how** the end result would be manifested nor did you probably even care. Contrary to the common belief held by those who believe that making a plan is necessary to reach a goal, I contend that it is entirely unnecessary to develop plans or strategies about how to achieve it. I realize that this places me in the position of being a "contrarian" to some of the best-known motivational minds on this planet. Despite the alleged importance of plans and tactics, when we are up to our necks in quicksand, we rarely care how we get out, just as long as we get out. I can assure you that any plan you made, out of necessity, was modified one or more times before you finally were successful.

After achieving something you strongly desired, how many times have you looked at your life, especially your love life and said, "Well I made it but certainly in a different way than I thought I would." Yet, when looking back at your life, you realize that everything happened at exactly the right time in exactly the right way to accomplish your longed-for result. If you are honest you'll have to admit that if you had, in fact, done it your way you probably would have failed. It is absolutely not necessary to have a plan. The Universe seems to handle that part if we simply would allow **it** to do so. As the old cliché states, "Where there is a will, there is a way," but there first must be a will i.e. decision.

We, as human beings, instinctively have recognized the truth in this axiom, but for some reason, it seems to have been overlooked by those we looked to for guidance. The obvious fact that our decisions are catalysts, which create the circumstances and events that comprise our life stories,

somehow has escaped most of us. It's like looking at the lawn and never seeing a single blade of grass or looking at a tree and never seeing the beauty of a single leaf.

Although the example I used to illustrate how the C.D. Process works was a negative to a positive situation, it can and does work in the opposite way also. I am sure that you have used this process to accomplish many of your life's goals up to now. You may have used it to find a perfect job, the car that you always wanted and thought that you couldn't afford or accomplish some other goal. At the time of making your decision to achieve it, however, the goal was far beyond your most optimistic expectation. But at that time, you also were unaware of how much power your innocent or absent-minded decisions had behind them.

The Universe will execute **every** decision you make, good or bad. It can't prevent the execution of a poor decision, and at the same time, **it cannot act on a decision that is not made.**

Chapter 4

What Am I Doing Wrong?

The following stories are fictional accounts of two women, Deanna and Karen. Each story embodies one of the two most common approaches that many of my clients have used when trying to fulfill their desires for a mate. Because their life styles are on the opposite ends of the spectrum, both their lives and the approaches they used to find a mate were very different. In spite of that difference, the end result for both was the same, alone and unhappy. From my experience, I have discovered that this need not be the outcome of seeking a meaningful relationship. Based on the actual results of people applying my Creative Decision Process, anyone can reap the same positive results as thousands of my clients have experienced for the past thirty-six years.

Both Deanna and Karen, as well as many of my clients, have a history of one dead-end and/or dysfunctional relationship after another. I cannot count the number of women who have reiterated these hard-to-believe stories which always have the same theme; women supposedly doing the right things and yet failing to find and/or hold on to a suitable mate over and over again. Only the cast of characters changes.

Deanna embodies what I classify as the type A approach. It is logical, analytical and tends to focus on externals in order to achieve success. This method is planning the work and working the plan without ever actually deciding to find a mate. She wrongly assumed that if she developed the right strategies, made the right connections and played the game of finding a man according to the accepted rules, her desired mate would be her grand prize for a job well done.

Every time Deanna, who is in her mid-to-late thirties, thinks about

her relationship history, she becomes quite distraught. Looking at her, no one would have imagined the heartache she was experiencing. She is attractive and her make-up, hairstyle and designer outfits are flawless. She looks like the model on the cover of the latest fashion magazine. She appears to be confident and has a magnetic quality about her. When she walks by, heads turn.

In addition, she is articulate, has a Master's Degree and is well on her way up the corporate ladder as an attorney in a well-respected law firm. She definitely is a woman that men would notice. Most assuredly, she didn't look like the loser she describes herself to be.

She has spent a fortune on her wardrobe and even changed her framed glasses to tinted contacts in order to be more attractive. Her earnings are in the six figure bracket which enables her to be seen in all the "right" clubs and restaurants. She even has a town house in the yuppie part of town for the sole purpose of meeting "Mr. Right." In order to stay in shape, she religiously jogs every morning and is enrolled in one of the country's finest health clubs.

Yet, she constantly laments the fact that her female companions, who, although are not as attractive or as well educated as she is, have their men, and sometimes several of them. All she can see was that she still is alone with nothing romantically going for her except her fantasies. Magazine articles, travel agents and periodic invitations to her friends' weddings or baby showers, occasionally reinforce these.

She feels that she is either doing or has done everything that she knows to do in order to find a suitable husband. Once, she even joined a national dating service, which cost her several thousand dollars. But it, too, produced no suitable prospects. In addition, she networked with both her single and married girlfriends hoping to be introduced to the elusive man of her dreams, but to no avail. She even went so far as to invest in a number of stocks in the belief that stockholders' meetings were the places to meet educated men with high incomes.

Once, Deanna took an adult education course which claimed it could teach its enrollees how to meet eligible romantic partners. It stressed the importance of positioning--being at the right place at the right time. In short, she learned that if she wanted to meet eligible men, she would have to be where they were.

Also, the enrollees were advised to join as many service clubs as possible and to go to a church with a preponderance of eligible males. In

other words, the name of the game was to learn how to plot, scheme, manipulate and, above all, gain as much exposure for herself as possible. In essence, she was told to think of herself as a product and to create every opportunity to sell it. (This same premise has been used in successful sales marketing and advertising programs).

As a special feature, a local photographer gave her and her classmates a free shooting session. He claimed that he could make his clients appear to be as beautiful as the models featured on the covers of the latest fashion magazines. These photographs then would be sent to likely candidates who, in turn, responded. The few responses were from men Deanna labeled as being unacceptable.

In addition, each member of the class was given instructions on how to write eye-catching copy for an ad in the personal column of the local newspaper. As usual, these contrived methods failed, as did all others she had implemented. (Keep in mind that using these methods is not the way to meet someone who desires a lasting relationship.)

Furthermore, Deanna worked very hard to become a superb dancer, kept up on current affairs and read the latest best-selling books. She even stopped smoking because she had heard men preferred women who didn't smoke. She did these things for the sole purpose of finding a man with whom she could have a meaningful relationship. Moreover, she became a subliminal-tape junkie in the course of all this preparedness. Consequently, she bought every tape which was designed to do its work of inner healing and positive mental programming at the subconscious level while she slept, meditated or engaged in any routine activity.

Although she may have felt that she was a little less stressed and in a better mood, there was no noticeable change in either the quality or the duration of her relationships with men. None of her contrived methods worked. Her love life was basically the same as it had been before she participated in all those highly touted activities and programs. Furthermore, she felt that her countless prayers beseeching God to send her the right man apparently had fallen on deaf ears. "Why," she asked, "am I still alone?"

Karen, my other composite, had the same question, but had a very different tale to tell. Her method of approach is a classic example of what I call the type B. It tends to be more passive and more intuitive by nature than is the type A approach. The people using it tend to invest their energies in what they believe to be absolute metaphysical principles and

expect God or the Universe to make things happen for them. Karen assumed that, because she had a desire for a mate, she deserved one. Because she practiced her beliefs, she thought that somehow a man would somehow appear magically in her life.

A product of the early sixties she, too, is a woman of the nineties just over forty. She probably would remind most people of one of the travelers one would expect to see on the wagon trains moving West during the 1800's. She usually dresses in loose fitting, colorful outfits. She is "earthier" than is Deanna. She wears no make-up and her skin reflects a healthy glow. Laugh lines indicate her sense of humor and she is totally at ease with her sensuality. She makes no bones about the fact that she loves men.

She usually wears a large crystal and fondles it in the same manner as the Hindus do their worry beads. She has many other crystals, some are for good health or happiness and one even was supposed to enable her to manifest the man of her dreams. It reminds me of the stories I had heard about the Gypsies' magic spells and the rabbit's foot I used to carry as a child for many of the same reasons. It occurred to me that, as a species, we humans still are as superstitious as we were in our cave-dwelling days when we always were too ready to give our power away to magical pentagrams, priests, rituals or sacred artifacts.

Her parents divorced when she was seven and from her late teens to her mid-twenties, she had used every street-drug available: grass, acid, meth. etc. At that time she also became sexually liberated. Whatever religious inhibitions she may have had in her childhood were long gone. In addition, she has been married and divorced twice to men she still considers to be friends. As an anti-Vietnam war movement activist, she still sees herself as a free spirit dedicated to the principles of world peace, love and the preseveration of the environment. Karen is a survivor.

In order to get in tune with her spiritual essence she has taken various metaphysical/spiritual development workshops and has her own guru, but still is alone after five years of actually seeking a loving relationship. With the exception of a few brief love affairs with men who were not interested in having enduring or meaningful long-term relationships, her love life has gone nowhere. The men she seems to attract are immature flakes or men who are looking for a mother, someone to care and support them. Others only want one night stands.

Many times she has mentioned that she was more than ready to

settle down. Feeling like a salmon that has been swimming upstream too long, she is sick and tired of the game of musical chairs. She has become aware of the pointlessness of her life since she was in her early twenties. She feels that her life just isn't working anymore.

Karen insists she has been doing everything right, according to her beliefs, to manifest a man in her life including reciting one affirmation after another for the sole purpose of attracting the ideal mate. Now, because of her failure to succeed, she is somewhat disillusioned. Her belief system has broken down although she still meditates and chants, and subsists on tofu, stir-fry vegetables, fresh fruit and nuts. As a loving mother of two children, she basically is a positive, upbeat person who still is able to find goodness in the masses.

Because she has to support her two children, she works as a graphic artist for a small ad agency. She likes her job, but it isn't her life's objective. Presently, her life-objective is to find a man and have a fulfilling and lasting love relationship. With her vivid imagination she is able to envision the man of her dreams down to the color of his eyes.

After waiting for over five years for her Soulmate to materialize with no results, anyone can see why she is somewhat discouraged. She still is alone and is beginning to think that, just maybe, she is doing something wrong. Her entire demeanor demands an answer to the question of why she is still alone.

It is clear that both Deanna and Karen are following the advice of some renowned teachers or have read some books that promise success in the matters of love but found themselves in the exact same position, alone. Obviously, they both are doing something wrong or something is missing. Apparently, their teachers overlooked something important. Neither of these women was taught the POWER OF DECISION. Both know what they want in a relationship, but neither has actively decided to have it.

Most of my clients are not as well-polished and successful as Deanna nor as naïve as Karen, but fall somewhere between the two extremes in their appearances, belief systems, and methods of seeking a mate. But all have the same woeful results. Even though all were more than ready for a lasting relationship, none had accomplished their goal.

Like Deanna and Karen, all my clients are almost convinced that the task of finding an acceptable mate is hopeless. Worse yet, most have **decided** that all of the good men were taken and those that were left were little boys in adult bodies looking for a mother rather than a mate. Some

abused drugs and/or alcohol, or were co-dependent, homosexual, immature and not suitable for a normal, loving and lasting committed relationship.

After learning the very simple decision making process that I developed, and learning how to apply it, many hundreds of my clients have made several long over-due decisions, which resulted in a loving relationships and/or marriage. Those who previously were classified as losers in the area of love, became winners. No longer a deadly hunt, the mating game became an exciting adventure for them. They not only saw it as a way to take control of their life but, also, as a way to have a relationship with the man of their dreams.

In most cases, the men in question seemingly found them. Without any apparent effort, most of my clients accept delivery of what they ordered. The Higher Self delivers! The important fact to note is that one does not have to change herself or go out of her way to find a man with whom she could have a loving relationship. Let me repeat; this process doesn't require anyone to change in any respect. Everyone can be himself or herself. **You can be you!** This may be hard to believe, but everyone is just fine **exactly** the way they are.

Let me give you an example of what I mean. Have you ever noticed how most men spend little, if any, time making themselves desirable or modifying their behavior or looks in any significant way in order to have a date or a relationship? The average guy only takes about fifteen minutes showering, shaving and getting dressed in the morning. In addition, most men are not aware of the latest fashions.

If a man is a television sports junkie, who loves to do nothing more than to crash in front of the TV with the TV control in one hand and a can of beer in the other every time there is a sports event, it seldom, if ever, will occur to him that he should change his recreational diversions or his looks in order to make himself more attractive or desirable to the female gender. Yet, if such a man wants a relationship it usually isn't long before he has one. Most men take it for granted that when they have a need for female companionship, they'll find it.

On the other hand, most women feel that whatever they are, it isn't quite enough. Most constantly are in the process of modifying themselves to fit whatever image is "in" at the moment. This is attested to by the large profits generated by both the cosmetic and fashion industries. Years ago, the CEO's of these industries evidently discovered that the sure-fire way to build personal fortunes was to prey upon a woman's innate insecurity

and feelings of inadequacy. If she wasn't already insecure, they helped to make her feel that way. In my opinion, when a society's role model for women is a body that looks like an adolescent boy, one has to question the sexual orientation of those who set the criteria for female beauty. My point is, that next time you look in the mirror and see the form of a woman therein, **be happy, don't worry. You are supposed to look the way you do** or you would not look that way.

Although there are hundreds of case reports I could have cited to illustrate the power of decision, I only have written about a few of the more remarkable cases that most clearly represent the magic power of the Creative Decision Process. Only the names have been changed to protect the guilty.

Chapter 5

Taking Control of Your Love-Life

The Creative Decision Process is a simple seven-step method that you can use to take control of and improve every facet of your love life. By following this process to the letter, you will be able to use it to implement anything that you desire including taking charge of your love life. Thousands of women have used this Process to create fulfilling personal relationships and you can do the same. In the case of relationships it is a two-phase process. The first phase deals with the type of relationship you are willing to have with someone someday. In the second phase you will specify the characteristics and qualities of the person with whom you desire to have the relationship. Both phases use the same basic process.

Step One; Fantasy

Acknowledge Your Desires and/or Fantasies.

Many people spend too much of their time only daydreaming or fantasizing about what they would like to have, to become or to do without taking any further action. The concepts of their ideas may appear to be illogical, outlandish or even impossible to realize; however, at the same time they embody their deepest inner desires or fears. Although the majority of us do not take our fantasies of what we desire seriously, I believe that we should take them as sincerely as we do our fears because fantasies reflect our true and uncensored desires. Besides, they are a safe way of escaping life's boredom and hardships as well as making our humdrum lives seem more bearable. Even though everyone knows that they can wish for and dream about having a happy relationship and finding a perfect

mate, they usually quickly dismiss the value of their fantasies because they mistakenly believe that they never can become a reality.

In spite of the fact that psychologists believe dreams actually often reflect our suppressed secret desires, most people have been conditioned to disavow, discount or dismiss them as being unattainable. Many people tend to down grade themselves to the place where they either feel unfit and/or unworthy to have their desires fulfilled. Yet, in my opinion, acknowledging and setting out to fulfill them is what makes life worth living.

If a woman has no dreams or desires, she has no reason to live. Without a desire to become more, have more or do more, a woman will stagnate and her life soon will atrophy. Healthy desires and striving to fulfill them is, to me, that which leads to healthy emotional growth. Hence, acknowledging dreams honestly is the first and an extremely important step in this process.

Step Two

Define Your Desires Clearly and Completely

After acknowledging the existence of your desires, it is imperative to examine and define them. Whether or not you are able to visualize your heart's desires, "see it to be it," **is not as important as it is to conceptualize** them using as much detail as possible. The reason that I say this is because of the simple fact that it is impossible to visualize the consciousness of love, self-respect or self worth. In fact, most of the qualities that truly define us as human beings are non-visual. Therefore, if it were necessary for you to visualize these qualities that make life worth living in order to have or experience them, as some people contend, they would be nonexistent.

This phase of the process is much the same as making a shopping list for groceries. I suggest that you write down every aspect and every specification you are willing to have in a relationship. It's not that there is anything magical in listing your desires, nor will writing them down make them materialize any sooner. Writing the items on paper, however, gives you clarity because you will be able to see what you desire in black and white. Also, using a list helps you to make sure you don't overlook something important. In addition, the list will help you to specify exactly

the type of relationship you yearn to have and evaluate each characteristic you have listed.

For instance, how many times have you gone to the store without a shopping list, only to return home and find that you forgot to buy something you needed, or bought something you never intended to buy? In the same way, a list of the qualifications of a personal relationship will help you will obtain exactly what you desire: love, respect, commitment, marriage, and etc. (See appendix 1)

Dictate your own type of relationship; custom make it to fit you. Because different people have different ideas about what makes a perfect relationship, you must specify the nature of the relationship you desire.

For instance, if it is marriage that you desire, you must define specifically what type of marriage you yearn to have such as it being mutually beneficial, long standing with equal commitment, enjoyable or whatever else is important to you. It can be a monogamous relationship, or one that is open-ended. It doesn't matter if it is a platonic or a romantic relationship you desire. In other words, decide to have one that you will enjoy. Don't ever assume any aspect of it.

Then decide to have it with someone with whom you can be a friend, and who will share your time and your life. I have found that people often decide to have a relationship in which they are **needed**. They need to be needed. Thus, they find people who are needy. Then they wonder, "My God, why do I have all these people sticking to me like fly paper?" But they got what they ordered--to be needed.

Instead, define and **list** the healthy terms that you require in order to have your desires and your needs met. You'll find that another person who has those qualifications will interface with you. Somebody is out there that will be able to work it out with you. He has to be in order for you to have your needs and desires fulfilled. You couldn't have ordered him if he weren't already out there.

It used to be that when a woman decided to marry, she did. It worked because she created a role before she chose a partner. Sadly, these days most women put the cart before the horse. They hold countless auditions for their costars before deciding on the role that their future mate will play their lives.

It may seem quite logical that you have to find a guy and become involved with him before you can determine the type of relationship you will have together. The problem with this belief is that you will most likely

find yourself in one dead-end relationship after another and never quite know what each will develop into or how it will end. Although each may be special in its own way, all too often, each also will prove to be disappointing because no one ever made a decision that determined the type of relationship it would be before involving another human being in the process.

Once again, I emphasize, be as specific as possible as you make your list. Whatever you do, do not be realistic. **The greatest problem in developing this list will be the inclination to only decide to be what you or others consider being attainable.** This simply is the Ego's way of causing you to settle for less. As George Bernard Shaw once observed, "The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to him. Therefore, all progress depends upon the unreasonable man." Centuries ago Cyrus stated, "We desire nothing as much as that which we ought to have."

It is very important that you make this step as much like the first step as possible. The greater the disparities between your dream and that for which you are willing to settle, the greater the degree of dissatisfaction you will experience. For instance, if you have decided to go on a Caribbean cruise, a quick spin around a nearby lake in a rowboat will not suffice. This same principle applies to relationships and people. You know what your ideal relationship is and if you don't you had better be thinking about it before making a decision to have one. (Fear and/or ignorance usually often will cause you to settle for a relationship that is less than you desire.)

Once you have stipulated what you will accept as a relationship, you must determine what you will do to make it happen. Since there are no free lunches, you must decide what you are willing to pay for having your desire come into form. This payment is not necessarily money but rather what you are willing to do in order for your goal to be accomplished. (And you need not believe it is possible). For example you might say you would go out of your way up to twelve feet to take delivery or that you will answer the phone. In other words, decide what are you are willing to bring to the "potluck dinner" before deciding to go. The same applies for every decision. In order to have the type of relationship that you desire to have someday, if at all possible, you must or be willing to meet your soulmate half way.

Now it is time to make your decision.

Step Three

Decide to Go for It and Commit Yourself to Achieving It

Actually, this step is nothing new. But of all of the steps, this is the most important because without a decision, nothing will happen. Simply **make a decision that if it is at all possible, to have** the kind of relationship that you stipulated in step two someday. The reason that I say "someday" is because you have no control over **when** it will happen.

This step is quite difficult for many people because of their natural reluctance to make an important decision of any type. Inherently, they know that once they make a decision about anything in their lives, they are entirely responsible for its outcome. Many people are afraid of knowing what that outcome might be. As a result, they either avoid making decisions at nearly any cost, or allow others to make decisions for them.

Another difficulty that prevents some people from making a decision is the fear of the unknown consequences of their decision before they make it. Everyone knows it is impossible to control the unknown. On the other hand, they know on some level that their lives will change, but do not know in which direction or how much because it is impossible to know the result of a decision until after it is executed. Rather than take a chance on having a possible disaster, most people will, with a sigh, settle for the politically correct mediocrity that they see reflected in the lives of their friends.

Everybody gets that which they have decided to have. Making a decision is like playing roulette. The game does not begin until all bets are down and you will not know whether you win or lose until after the ball drops into the slot. Remember though, before anything can happen, a decision must be made. If you don't order, you don't get. Because of life-long conditioning, most people, especially women, have been programmed to discount their expectations. They actually have been taught that to compromise is a virtue, when in fact, the only logical reason for a person to compromise is the fear of failure or loss.

As I said, this step is nothing new. Unfortunately, you have been making decisions all of your life without giving them much thought to most of them. There is no difference between what I have said so far and what you have been doing up to now. If there is one, it most likely is the random consequences of one absent-minded decision after another with which you have been dealing. In fact, everything that you have ever

experienced in this life up until this moment is the end effect of the decisions you have made or those that others have made for you.

The guiding axiom that you need to apply when making a decision is "to thine own self be true." Dictate your own type of relationship. In order to live in accord with your own convictions and desires, you must not compromise them. Others will just have to accept and adjust to the effects of your decisions because that is just the way it is in life! Remember that it is never a sin to be happy.

You may be pleasantly surprised to know that you will be unable to attain any beneficial goal that you have not earned somewhere along the way. Whether you believe it or not, whatever objective you have decided to achieve is available, attainable, and possible for you to acquire, or you would not have even thought of making the decision to have, to do it or be it. However, if you cannot bring yourself to make a decision, you certainly will not attain it. Make a decision, then set your mind to the accomplishment of the objective you have set.

Don't worry about making a wrong decision. If you are making a decision based on your desires and the fulfillment of them, it is going to be right for you even if it is the worst decision you could ever make. It will be a learning experience no matter how you cut it.

Step Four

Tell Someone What You Have Decided

After you made your life changing decision and not before, tell somebody about it. You even can tell your cat if there is no one else around to listen. If you tell someone before making it, you probably are looking for approval and just want others to tell you that you made the right decision. Of course, you will get a lot of flack as well as advice.

Unfortunately, you'll find everyone crawling out of the woodwork telling you why you can't do it. They'll say it can't be done, no one has done it before, or you're too young or too old or not pretty enough. Generally, they are expressing and reinforcing your fears. Thus, if you feel fear, anxiety, and insecurity, the Universe is only too pleased to reflect them when executing your decision. Remember that the reasons for your fear and insecurity always are created on the physical plane. On the other hand, if you make your decision and then tell others about it, you will find

people telling you it is a "hell of an idea. I wish I had thought of that."

Also, if you run around blabbing about the decision before you made it, your decision is most likely only made out of sound and does not come from your heart. Thus, you probably will continue to go around blabbing "I have made a decision to do this." There are some people who spend more time with the wording of their decisions than they do with deciding to go for it.

The name of the game is make your decision and then announce it. You don't have to be boisterous about it. Just make it a declaration of intent to yourself or someone else that which you have decided to become, to do, or have if at all possible. If you have decided to get married, you need not go into all the long, drawn out details of exactly what type of a marriage you're going to have someday. Simply state your intention to eventually marry. Interestingly, when you speak of something that you desire, there is a change in your voice. I don't know what it is, but making a decision seems to activate it.

Step Five: Take Action Release and Forget it.

In this step, releasing or letting go of your decision may seem to be simple, but probably is the most difficult of all the steps to actually put into action. Since it is a prerequisite for a successful outcome of this process, I cannot over emphasize the importance of releasing the decision from your mind no matter how difficult it seems. Rest assured, the Universe will deliver exactly the "items" you have ordered. Remember that IT has been doing that ever since you were born and will continue to do so.

After making a decision to buy a pair of shoes, you probably do not sit around worrying about it. You forget it and let go of the order/decision, which allows the Universe to do what it does. In the same way, you must let go of your decision to have a particular type of relationship. If you put a program in a computer, you release the program. You know that if you programmed it correctly and put in all the conditions necessary to achieve the desired effect, it will be achieved. There is a saying in the computer business, "Garbage in, Garbage out."

This "letting go" process is much like target shooting with a bow and arrow. It doesn't matter how good your equipment, how large the

target or what a great shot you are it is impossible to place the arrow in the bull's eye if you don't release it. This step might be equated with the saying, "Let go, let God."

Step Six

Forget "How" and "When" your Desire will be Manifested

Another integral part of the releasing process is to relinquish all thoughts that you may have some control over how your decision will be executed. Just forget about planning your work and working your plan or attempting to determine how to bring your fantasy into reality. Some people waste endless hours trying to develop both short and long-term strategies, staging circumstances, playing roles and attempting to manipulate the "how to" process. These people might take a lesson from Robert Burns, who once wisely wrote, "The best laid plans of mice and men go oft astray..."

I mention this because I personally never have ever heard of anyone who has achieved any pre-determined goal that was executed **exactly** in the manner it had been planned or intended. There always are some unforeseen circumstances that invariably will occur to disrupt or alter the original plan. The truth is that life will happen the way it happens and people have little if any control over that because once a decision has been made and released, it takes on a life of its own. Figuring out how you are going to attain your desired goal is not your job; it is the task of your Higher Self.

I am sure that when you order an item from a mail-order catalogue or "On Line", you don't tell the order-clerk where to find it, how to wrap it or ship it. You trust him to know how to do his job. In the same way, you do not need to tell the Higher Self how to execute your decisions. IT has been doing a good job in that department and most likely will continue to do so. The problem is that if you mistakenly decide **how** you are going to execute the decision, you will begin to focus on the means to the end. Then, you will make a plan about the way you are going to achieve it. This creates problems. You surely will become entrapped by your own strategies as you go about executing one foolproof program after another. This, of course, will prevent the attainment of your goal. And the process becomes one huge gridlock. Also, your focus shifts from the outcome of the goal to **how** the result will be obtained.

When the decision concerns a relationship, more than likely, you will begin to modify yourself either physically or mentally. This can become quite elaborate. For instance, you may decide to lose weight, buy a whole new wardrobe, have plastic surgery, etc. or contrive to act in a way you think will attract your ideal man.

Then, of course, there are those who decide to attend goal-achievement workshops. Most of these workshops teach the enrollees how to devise both long and short-range strategies to obtain their objectives. Usually the emphasis of these workshops is to have its participants make plan A and contingency plans B and C in case plan A does not work. I know one lady who developed different plans for every letter of the alphabet just to be on the safe side. In her mind, she had every conceivable problem covered by a contingency plan.

In addition, you may find yourself in the same position as the man whose objective was to drain a swamp. Soon he found himself up to his armpits in alligators. Sadly, his original objective soon was forgotten because he had to focus all of his attention on saving his backside. Thus, the swamp never was drained.

Frequently, many of the workshop participants **decide** that making a list of objectives is the only way that they can achieve their goals, which is a mistake because it will become the "only way."

As I stated previously, countless hours are wasted in this futile exercise of developing elaborate plans that not only don't work, but also actually will do nothing but mess up the entire procedure. The Universe will deliver exactly the "items" you have ordered. Remember that IT has been doing that ever since you were born.

Now where I agree with most goal-achievement workshops is that they focus on the setting and defining goals. Where they fail, however, is that they immediately rush into developing plans concerning **how** the goal will be accomplished instead of just deciding to achieve the goal and forgetting the "how." This approach is very logical but life doesn't work that way.

Step Seven

Be on the Lookout for Feedback

Lastly, pay close attention to what happens in your life after you have made and released your decision. During this phase of the process,

you should begin receiving either positive or negative feedback concerning your decision within twenty-one days. If the decision that you made will bring you happiness, you will get assistance from every conceivable and unexpected source. You will begin to notice that things will begin to come together for you with a remarkable level of synchronicity. Almost magically, everything will happen in the "right" place and at the "right" time. When this occurs, be rest assured that your Higher Self supports your decision.

If, however, your intended goal will bring you harm, you will get resistance. I guarantee you will encounter one stumbling block after another with each becoming more difficult to overcome than the last. If from the beginning, there are missed phone calls or broken appointments, **STOP!** As Murphy's Law states, "if everything that can go wrong is going wrong" **listen up.** It is a sure-fire indication that your initial decision was either based upon faulty information or wrong assumptions.

The obstacles have been placed there by your Higher Self to dissuade or, if necessary, to force you to stop and reassess your decision and/or the operating assumptions upon which it was based. These barriers were **not** put there for you to overcome any more than detour signs on the street or the orange plastic cones are there for you to run over with your car. Somebody is trying to tell you something. (Be aware that these obstacles usually are not recognized as such.)

Unfortunately, after most people have made up their minds to become, to have or to find, they form a "mind-set." They often become "bound and determined" to get what they ordered, no matter what they must sacrifice. How many times have you heard those famous last words, "By God, I'll become it or have it no matter what it takes, even if it is the last thing that I ever do?" In overcoming the obstacles and making allowances for difficult circumstances, these people get hung-up in overcoming and accommodating for them. They feel they have to keep a dead project alive at any cost because they believe that is all that there is. Consequently, they repeatedly ignore all blocks and tend to discount their friends' warnings and frequently override their own "gut-level" feelings.

In addition, they repeatedly make personal compromises in order to make the pieces fit. They disregard their own inner voice that tells them that something is wrong, instead of accepting the fact that their inner knowing is true. Often, they become obsessed with trying to turn something wrong into something that is right, and will do everything

humanly possible to make it happen the **way they have decided it is supposed to happen, even if it kills them to do so.**

Interestingly, in the past, most of these women have seen their friends in exactly the same types of situations in which they are now involved. They usually did not hesitate to advise their friends "to cut bait" but now, when the shoe is on the other foot, they seldom take their own advice. Believe me, people who insist upon having it their own way at all costs are headed for disaster and will rue the day their order was delivered. Forcing the pieces to fit **never** works.

It is absolutely necessary, when looking at these blocks, to be totally honest, realistic and objective, which is next to impossible when your ego is involved. Do not rationalize the other person's behavior, or make excuses for any compromises you had to make in order to continue in that relationship. I know this is very difficult to do, but I cannot overemphasize its importance. Because it is the Higher Self's job, **it will execute every decision** that is made, good or bad. Thus, IT will do everything possible, to flawlessly execute every beneficial decision and everything possible to circumvent your harmful decisions. A good decision comes together as smooth as the gears of a fine Swiss watch, while a poor decision never really comes together. The Higher Self will block a bad one but IT cannot prevent it. Only the person who originally made the decision can prevent it from being realized.

Now that it is clear what you desire in a relationship and have decided to have one like that, it is time to go on to phase two of the process, which is to find the appropriate partner with whom to have your predetermined relationship. No matter which role you have decided to play, the Universe is required to provide a supporting actor, if needed.

Unfortunately, in the area of personal relationships, many people will make a mistake and decide to find somebody and decide how **to meet** them. They will be very specific about body type, function and etc. All of that is fine. The person will walk up to them, say "hello" and then walk away, because they only decided to meet them, nothing else. Don't decide to just meet people. **Meeting** is just a means to an end.

"Order" an individual who is willing to have a long-term relationship. You don't buy one sheet from a roll of paper towels, or only one egg. You buy a whole dozen. The same thing applies in personal relationships. Order more than you need at the moment. Remember that you don't have to accept the full order. Decide to find someone willing to

commit to a long-term relationship and specify how long it will be.

Also, just because you order, it does not mean that because a person comes into your life, you have to spend the rest of your life with him. It is your option. On that basis, after getting to know him, you then can decide to spend the rest of your life with him or end it. But if you just ordered a weekend fling, that is all it will be, even if you decide you want to spend the remainder of your life with him. You get only what you order and no more.

Quite often people will order something and when it is delivered, it is not quite what they had in mind, so they send it back. Most everyone has bought merchandise although it was not quite what he/she had in mind, but kept it anyway.

Perhaps you bought a dress that wasn't quite the right color or it didn't quite fit, but the sales person convinced you that it could be altered. Or maybe it was on sale and a good bargain. I have discovered that anytime a woman buys something, especially clothing, that she really does not desire or it is not really exactly what she had in mind, when she wears it, she immediately will ask, "How do you like it? I got it on sale."

First, she justifies it, and then says, "I only had to take it in three inches here." Usually after she wears it a couple of times, it will hang in the closet until it is put in the bag for the local thrift shop, because it is too good to throw away.

People do that with their relationships too. They are always trying to make them fit. Believe me, if it is not right at the beginning, it never will be. Looking back at your own history, there is a very good chance you had a relationship in which you were trying to make something work from the first day or two after you met him. You probably had the feeling something was wrong so you went through the logical reasons why the relationship was OK. The individual is alive, making a good salary, opens doors, is good in bed, likes all my friends and they like him. You rationalize all of the reasons why he should be acceptable while, at the same time, doing a grand number on yourself. You may spend the next few years or more together, but it was never right and it never would be.

Out of fear, most of us don't want to say, "I'm sorry. I'm not comfortable with you. Please leave." But we do that with a toaster or shoes. If you get a lemon of a car, you take it back to the dealer and tell him to keep it until it is fixed, or give you a new one. Yet, we usually don't do that with human beings because we do not want to hurt their feelings.

The problem is that, when two people are tied up in a situation that is unacceptable to one person, you can bet it is also unacceptable to the other person although she may not be aware of it. Consequently, both are hurt. You cannot have two children playing on a teeter-totter with one of them being miserable and expect the other child to have a good time. You want to have someone to play with, one with whom you can enjoy life. When we are a little older, we are very quick to say, "I really need someone else on the other end of the teeter-totter."

When you try to force people into a role, it never works. It didn't work when you were a kid, and it doesn't as an adult. If someone didn't want to play with you and you coerced or tricked or bribed him/ her into playing, neither of you had a good time. I hate to say it, but it is true. The same holds true with personal relationships, too. So be precise when you order that special someone.

Step 1: Conjure up a fantasy man beginning with his physical appearance followed by the type of personality he must have, his character traits, sense of humor, IQ, sexual orientation and preference, family background, income level, and anything thing else that is important to you. You can pick the size, type, quality, function, etc. However, it is imperative that you omit his name and face.

Don't decide to get involved with Robert Redford, but decide to get involved with someone like him. If your perception were exactly what he is really like, then you would have him because he is only one of his kind. We, however, never see people as they really are; we always see them, **as we need them to be in order for us to love them.** Therefore, when you decide what the person is like and put a face on him, you are often disappointed. (We can apply this principle to business partners, attorneys, salesmen, and plumbers, anyone at all.) As with everything else, decide on one that has all of the characteristics you desire and always leave room for one better.

Step 2: Now you must become very specific especially in the areas of personality, sense of humor, sex drive, etc. Don't assume anything. It is important that you to decide on compatibility in these areas.

Step 3: Decide to find someone with the qualifications you have stipulated and the things which you are willing to do to in exchange. (See appendix 2) It is like soulmates. There is always more than one. The Universe has no shortage. We are the only living creatures on the planet that believe there is a shortage of soulmates. Keep in mind that there is

never an indispensable person, and never a "one and only."

Step 4: Let it go. Release it. If you strain, then you are doing it wrong. Judo Masters do not strain to defeat their opponents. They allow them to defeat themselves. All you need to do is direct the force. You need not decide to go to the mountain. It has been said that the mountain comes to Mohammed and it will come to you, too. That is how it works.

Step 5: Tell someone about the type of partner you ordered.

Step 6: Forget about "how and when."

Step 7: Watch for feedback.

Now that you have learned how to place an order for a specific type of relationship and a special someone with whom to share it, don't presume that the first guy you meet is necessarily the one that you ordered, even if he appears to embody all of qualifications that you stipulated. You can be assured that he is not the right guy if you encounter blocks, such as missed phone calls or conflicting work schedules, ad infinitum which prevent the two of you from being together.

You, of course, cannot understand why the Fates seem to be conspiring against you. You don't comprehend the reason why it is so increasingly difficult to connect with this guy and you feel absolutely miserable. If you are stubborn enough you may actually succeed in pulling an end run and may "hook-up" with him. In any case, I can assure you that after the affair is over, you will rue the day that you did not pay attention to these impediments. It is only afterwards that you will discover why it had been so difficult to form a relationship with this person. Remember you don't have to look for or hunt anyone. The fish will come to you. Always be surprised and delighted.

Caution! Since you have now that you have finished reading the seven steps of the Creative Decision Process you may believe that you now can make a beneficial decision. But let me warn you not to make any decisions until after you have finished reading the entire book. I don't want you jumping the gun like one woman did several years ago during one of my Creative Decision seminars.

The program began at nine in the morning and ended at six in the evening. As always, at the beginning of every workshop, I warned the participants to make **no major decisions** until the end of the seminar. Despite what I said, Peggy, a woman in her early fifties, approached me during lunch on the first day saying she had already made a very important decision.

She proceeded to tell me how unhappy she was with her marriage and how she could not tolerate her husband's controlling ways any longer. One example she cited was that he demanded that she have supper on the table at six o'clock sharp every evening, whether he was there or not. Although terribly miserable, she knew that he never would give her a divorce or allow her to be free, because of his religious convictions. In spite of his threats and my earlier warning that morning, by midday she had decided to be single again as soon as possible.

Around five-thirty, she became very concerned about arriving home in time to have her husband's supper on the table by six. As the Fates would have it, that day's workshop ran over about thirty minutes. She looked panic-stricken as she hurriedly left the classroom. Obviously, she was worried about facing her husband's wrath when his dinner was not on the table when he arrived home.

When she came to class early the next morning, she unquestionably looked as if she were in a state of shock. She proceeded to relate the events of the previous evening. Upon arriving home, she discovered that her husband wasn't there. Relieved, she frantically threw a quick meal together expecting him at any moment. To her amazement, he didn't show up until well past nine-thirty.

When he finally did, he went up stairs and into their bedroom without saying a word. There he proceeded to empty the closet of his clothes, and heaped them in the middle of the bedspread, which he then gathered up like a Santa Claus-like sack. After retrieving his shaving gear from the bathroom, he stomped down the stairs and out the front door saying he had had it with their lousy marriage and was going to divorce her. He suggested that she contact a divorce attorney as soon as possible.

Needless to say, Peggy had a good reason to be dumbfounded. Granted, she decided to be single someday, but never expected it to happen so quickly. Decision made, decision executed. Nor did she anticipate it would be her husband who would be leaving. Fortunately, by the end of the workshop, she learned how to expand her original decision to include the assets she would take with her from the marriage such as pet custody, property settlement, alimony etc., before it was too late. As is obvious, it is very wise to stipulate what it is you intend to take out of the relationship before you decide to find an attorney who will win a satisfactory settlement for you, and definitely before going to court.

This is a powerful process. The timing always is perfect which

makes it impossible for you to make a premature decision. If it isn't available, attainable or possible for you to have, to find or to become it or if is unrealizable for you, it will never occur to you to make the decision in the first place.

Do not be concerned about whether you believe it ever will be possible for your dreams to be realized, or about making plans on how you will attain them. Also, forget about what others may think about your fantasies and desires or whether or not you believe you deserve them. In addition, you don't have to be concerned or influenced by how you think they may affect others.

Unfortunately, there sometimes is a tendency for some people to hedge their bets. Because they have been hurt previously, they decide only to give twenty-five percent of themselves to the relationship, while simultaneously expecting 100% from the other person. Since everyone gets a copy of the script at an unconscious level, these people are setting themselves up for a big let down and disappointment because at soul level, everyone knows who is holding out.

Then, of course, there are those who believe their goal to be impossible; consequently, they do not make a decision to achieve it. Whether we acknowledge it or not, executing wise and unwise decisions is exactly what Higher Self has been doing throughout our lives without fail. It cannot refuse to execute our beneficial decisions any more than the Internet can refuse to accept and deliver our E-mail. IT has been doing that ever since you were born and will continue to do so.

Chapter 6

Dos and Dont's and Nots and Nevers

To better understand how the Higher Self and the Universal Mind work, you must compare them to the workings of a computer and the Internet. Both are as literal as is every computer in that they never assume anything. When a decision is made or a program is entered into a computer, the Higher Self and/or the computer will unerringly execute that specific decision/program precisely as it was received. They can neither change nor add any data. Disastrous decisions, which create most of the turmoil and problems that people have, usually are made on the spur of the moment without any consideration of the consequences or through ignorance. The Higher Self has no choice but to execute all decisions no matter the reasons they were made or whether they are beneficial or detrimental to the person who made them.

At first glance, to decide that you **want** to be happy is an example of making a decision out of ignorance when using the word **want** in making it, such as "**I want** to be happy." This certainly sounds like a good decision. After all, if you never can have the things in life that you want, what's the point of living? Every goal achievement workshop that I've ever attended and every book I've read on the subject always has advised that it is imperative for the person to make up his/her mind about what he/she **wants** out of life if he/she ever expects to attain them. At first glance this advice makes perfect sense, that is until you discover what the word **want** means. This is an "ungood" decision because, according to Webster's *New World Dictionary of The American Language*, the definition of the word *want*, is "to have too little of, be deficient in, lack of, be without...." Remember what I said about the Higher-Self being absolutely literal? In effect, the

decision to **want** something is to make a decision to lack or to be without it. Look at the decision again. "All I **want** is to etc." Obviously, you don't **want** to be without the man or relationship that you desire. You **want** to be with him. Doesn't it make more sense just to decide to be with him instead of only **wanting** to be with him?

I can't tell you how many times I've talked to women who once-upon-a-time decided to look for their soulmates and have been **looking** for them ever since. They haven't a clue as why they have not been successful in their search. Their assumption, of course, is that if they look hard and long in enough places, they are bound to find him. **WRONG!!** Seemingly, this, too, makes perfect sense, nevertheless, as far as the results are concerned, if the person only has decided to look for, rather than deciding to find him, this automatically sets up conditions to continue to **look** but never to find. If you enjoy playing hide-and-seek the Universal Mind will accommodate you every time. It would have been much wiser for her just to decide to find him.

Unfortunately, in the area of personal relationships, many people will make a mistake and decide to find somebody and how to **meet** them. They will be very specific about body type, function and etc. All that is fine until the person who fits her desires will walk up to them, say "hello" and then walk away. Remember she only decided to meet him, nothing else. **Meeting** is only a means to an end.

As well as being extremely literal, this Spiritual Computer/the Higher Self apparently cannot execute a negative decision. From what I have observed, it only can implement positive decisions. This is an important difference. Since it cannot execute the negative ones, it automatically deletes the "**nevers**" and the "**nots**" from decisions, after which, they become positive decisions.

For example, let's say that a woman hated her father all her life because he was abusive, had gross habits, cheated on her mother and generally was a royal pain. This guy was the perfect example of everything repulsive and undesirable in a mate. Needless to say, he, or anyone like him, would be the last man in the world any woman in her right mind would desire to hook up with unless, of course, she was a masochist.

Consequently, by the time the girl reached dating age, she had decided **never** to marry anyone like her father. She had concluded that the best way to avoid marrying such a person and making the same mistakes as her mother had made was to never become romantically and intimately

involved with this type of man. At first glance, this decision looks as if it was an admirable one. Since making it, nevertheless, she discovered that sooner or later, every man to whom she was attracted, or was attracted to her, was literally a cleverly disguised copy of "dear old Daddy." Based on her experience, it would appear that all men are like her father. She cannot understand why she doesn't meet any man who is different from him. As a result, she now has come to believe that both she and her mother are living under a twin curse. "Why," she asks, "is this happening to me? Do I have some genetic defect or aren't there any good men out there?"

To understand why she only became involved with chauvinistic misogynists, we must look at her original decision. Her first mistake was that she made a negative decision. She decided **never** to become involved with a man like her father. As far as the Higher Self is concerned, she has decided to become involved with some one like her father because it deleted the word "never." The message here is to not decide **against** something. Never decide **not** to be like your mother or father or **not** to raise your children in the same manner as your mother had because that will be exactly what you do. Have you ever thought about why most abused children grow up to be child abusers? One explanation for this occurrence could be because the abused child decided **never** to abuse her children as she had been abused instead of deciding to treat her children better than she had been treated. Other common examples of negative decisions that most everyone has made from time-to-time are:

I'm **not** going to gain weight.

I will **never** be like that person.

I will **not** let the same thing happen to me that happened to my mother.

I can **never** fall in love with a man like that.

I **never** will get a divorce.

I **never** will be like my mother. (For those women who hate their Mothers, instead of being like someone else they decided to never be like her.) Decisions like these are usually made in a fit of anger between the ages of twelve and sixteen. That is when the Universal mind accepted them, and they have been in force since that time.

Now read the above statements while deleting the negative words: "I'm ---going to gain weight. What you see is what will be executed. Unfortunately, most people decide what not to do, or decide against instead of deciding to have, to become or to find.

To illustrate exactly how the Higher Self changes negative statements into positive ones close your eyes for a moment and think about Snoopy. Think about his strange body, his floppy ears, his doghouse, and anything else that you can remember about the little critter. It's this form that the Universal Mind accepts. Next, while keeping your eyes closed, decide to **never** think about him again. What image immediately comes to your mind? Snoopy, of course! This is how your mind perceives and executes a negative decision. Interestingly, fear always is the main basis for making a negative decision.

We all have done this. Like the rest of us, I'm sure you have made at least one of these ill-conceived decisions at some time or another and subsequently, have suffered the consequences. Surprisingly, even those ill advised decisions you made as a child still may be operative programs that have been dogging every step you have taken in your life since you made them. Following is an example of how a decision made at an early age has continued to affect one woman's life.

When I first met her, Marsha had been a widow for about nine years. She was attractive, intelligent and worked hard. She had a very charming personality and looked fifteen years younger than her actual age. With so much to offer, she couldn't understand why not a single solitary man had shown even the slightest romantic interest in her or, for that matter, no one had asked her out for an innocent cup of coffee since her husband died.

To discover the reason why she was in this unwelcome situation, I asked her if she could ever remember deciding to be alone either before or after her husband died. She said she couldn't remember ever making such a stupid decision. Switching tactics, I asked her if she ever had made a decision that would have produced the effect of her being alone. It was then that she suddenly recalled an incident that occurred when she was nineteen and she and her future husband were parked in lover's lane overlooking the Hudson River. As they sat together in his car talking, she made a fervent decision.

While looking lovingly into his eyes, she decided that he was the only man she would ever be with for the rest of her life. (She assumed that they would eventually marry even though he had not yet proposed to her.) She, of course, had no way of knowing that this man, who eventually would be her husband would pass away when she was still quite young, with many years of her life left to live. Her assumption was that they

would grow old together and would walk hand-in-hand to their final resting-place. She told me that she **decided** that he would be the only man for her, forever.

In addition to that decision, wedding vows are very heavy-duty decisions. They locked her in even further. Although they generally stipulate "until death do us part," there was no provision in those vows that covered her husband's death for the rest of her life. Remember that she stipulated that he would be her one and only. (Furthermore, please note that there is nothing in a divorce decree that releases a woman from her wedding vows. After a divorce, a woman often will allow herself to be beaten up by labeling herself as someone's "ex-wife." Because of this omission, any attempt to form any meaningful relationship is tantamount to her committing adultery as far as her Higher Self is concerned.)

Once again, bear in mind that the Universal Mind assumes nothing. In addition, IT has no power to rectify any mistakes you may have made in your program/decisions. That is your responsibility.

As if this weren't bad enough, several months after her husband died, Marsha made another fateful decision while having lunch with her long-time girlfriend, Penny. After her friend confessed that she recently had contracted an S.T.D. from her lover of twelve years, Marsha made a decision to be celibate from that day forward. It wasn't that anyone had attempted to take her to bed; it just was that she didn't want to take any chances. This decision eliminated any possibility of sex, period. Furthermore, this decision had no time element, and in effect, it neutered her. She has about as much sex appeal as does the Mother Superior who presides over a convent of nuns. Frankly, I don't know about you, but I don't know many guys who hit on nuns.

After I pointed this out to her, I suggested that she amend her decisions. The first being that her husband was the only man she was ever going to be with. I suggested that she probably could decide to find someone she could love just as much as she loved her husband, but she immediately countered the suggestion by saying that she didn't believe that she could love anyone as much as she loved him.

Also, I told her as long as her decision to be celibate was active, most men simply would see her as being unavailable for any type of romantic relationship let alone marriage. She might as well have hung a sign around her neck stating, "Sex out of bounds here." She probably never considered that sex is very important. If I am not mistaken, according

to most marriage counselors, sex is a pre-requisite for any healthy, romantic relationship.

Therefore, I recommended she amend her decision to be celibate only until she met someone that she could love and marry. She rejected this option, too, and much against my advice, decided, right then and there that no one could ever replace her deceased husband. After that, I said no more. Obviously, she was living with the decisions she made earlier in her life, and absolutely had no intentions of amending them.

That was fourteen years ago, and there has been no change since then. Recently, when I asked her how her love life was going, she told me she had decided to give up the thought of ever getting involved with another man. As far as she was concerned, any thought of having a future love life was out of the question. That part of her life was over.

The above example of how past decisions affected the life of this woman forever after, illustrates the very important fact that once the decision is made, it will continue to be executed until such a time it is changed or replaced by another decision. More than one five or six-year-old child has made a decision about what will happen to them in the future, only to discover that they are still living with its consequences as an adult.

In addition, I have discovered that many of the decisions women make that sabotage all of their relationships with men were made when they were around fifteen years of age. Since they were long forgotten, they have never been changed and continue to undermine their hopes and dreams. Following are several examples of this type of decisions.

1. I'm too ugly to be loved--too fat, too tall, too skinny, too short, too stupid, etc.
2. Because of what I have done, no decent guy would want to have anything to do with me.
3. Every time I fall in love I get hurt.
4. The only thing men want is sex.
5. All men are dogs; they lie, love you and leave you or dump you after they take you to bed.

Another way women sabotage themselves is that they do not specify what characteristics they desire to have in either a mate or relationship. They only list those they find offensive and don't **want**.

Another common mistake that many women make when deciding what they will do in order to have a relationship with someone, is to decide that they are willing to do **anything** to accomplish it such as to **struggle**,

to **sacrifice** or to **hang in there** no matter what to the bitter end. The word *anything* takes in a lot of territory. (Would you really do anything such as murder or burn your house down for a particular relationship?) And if you have decided to *struggle*, struggle you will. Now, take a moment and think of the word **hang** and what it means to you. What images does it conjure up? I don't know about you but for me, the gallows immediately comes to mind. I have discovered that somehow these people who are willing to **hang in there** usually end up choking on their own good intentions.

Still others don't want to make the decision, and decide to just wait. And wait they will, perhaps forever, because that was the only decision they made. This is especially true if they swore to wait forever for love to come along. I promise you that they, indeed, will wait forever.

There even are some women who decide to meet the "**right guy**". It sounds good but it's a bit vague. "Right" for what?" Is it that women do not know what they mean by the "*right guy*?"

Or is it that they don't want to take the responsibility for ordering and assume that something "out there" knows what they mean by the "**right**" *guy*? Wrong assumption! The Higher Self can execute the decision only in the exact way that it was made.

Once in a really good relationship, because of fear of blowing it, many women vow to make their relationship **work**, no matter what or say that they are willing to work like dogs to keep it going. Such commitments are laudable until you realize that the definition of the word, work is "the mental and/or physical effort in making or doing something." Consequently, the relationship becomes a daily exertion. Sometimes women find that they that they are working harder at it than they do at their nine to five job. One must ask, did they really intend to turn their relationships into a job? A similar concept is that sometimes a decision is made to have a *serious* relationship, and then the person is surprised that the relationship suddenly becomes void of all laughter or fun.

Also, if a person is in a good relationship, she may decide her relationship is too good to last, it will only be a matter of time before it ends. Or if she decides something will go wrong, I guarantee something will happen to end the relationship even if was good in the first place. The other person will put on the black hat for whatever reason and say: "It's all over."

Probably one of the most foolish statements in the world is deciding to cope with the situation or to make the best of it. The Universal Mind is

literal, so cope and/or try she will to make the best of a bad situation. (To try is to attempt to do: effort. It implies that you don't **quite** succeed and if more effort is put forth, maybe you will be successful.)

If you have decided to settle for these conditions, settle, but do not complain when you find yourself coming up short. Oddly enough, I don't know of any man who would make any one of these decisions or is willing to settle for these types of relationships or learn to live with an otherwise unacceptable personal situation in the hope of someday changing it.

At the same time, many women decide to forego their own dreams or desires for the sake of another person. Unfortunately, these actions are rarely, if ever, appreciated by the person for whom they are ostensibly doing it. Making excuses for your significant other and compromising yourself in order to preserve the relationship is a tragic waste of time and effort. Instead of creating harmony, happiness or respect, these noble acts usually result in fostering resentment, anger, guilt, frustration and self-hatred for selling yourself short. This, in turn, builds like dust on the furniture. Then one day it explodes in a traumatic break-up or a physical disorder. I often wonder how many chronic female disorders could have been prevented if she simply had changed bed partners. (The same can be said for male impotence.)

Let me assure you that such conditions will be created by the Universal Mind just as unerringly as do the conditions to enjoy a life-long, mutually beneficial and harmonious relationship. For a role you have decided to play, the Universe is required to provide a supporting actress or actor if needed. Always decide what you are going to do, and whether it requires another person. If it does, order an individual who is willing to have a long-term relationship.

Why not decide to have the best? If you are in a bad relationship, decide what type of relationship you choose to have and make a decision to have it. The way to avoid making faulty decisions in the future is to begin paying attention to the types of decisions you make today. Think about them very carefully before deciding to have them manifested. Ask yourself, "Is that what I really desire?" When you finally decide, use care not to use the words or phrases that have negative connotations.

At this moment, you may be desperately trying to remember every negative or harmful decision you have ever made and desire to go back and cancel them. That, nevertheless, isn't necessary. Like computer hardware, the mind only will accept certain programs. Although the hardware cannot

be changed, you always can change the program's software in the same way you change the information on an audio or videotape by recording over the old program. The recorder will automatically replace the old data with a new program. In the same manner, a **from now on** decision will replace the old decision with a new one.

This type of decision automatically will cancel all decisions made previously which may be causing blocks in the areas of your life that you desire to change. For instance, "I'm going to be faithful **from now on**," or "**From now on**, I'm going to be kinder." "I will listen to my children **from now on**, etc."

If you stop and think about it for a minute you will immediately realize how true this is. We all know or have heard about someone who has recognized that her life had become totally unmanageable. After coming to this realization, the person decided to change. As a result, and to the surprise of everyone, who knew her, her life dramatically changed for the better in an unbelievably short period of time. Good examples of this phenomenon can be found at any meeting of Alcoholics Anonymous.

The AA program only works for those who have decided to become sober and to make something of their lives. As Abe Lincoln once said, "Most people are about as happy as they make up their minds to be." The sad thing is that most people **never** decide to be happy. Remember, if you don't order you don't get.

Since I am not a moralist, I will not presume to tell you how you should or should not use this process. Apparently, as far as the Universal Mind is concerned, you can use it to find a life-long mate or a weekend lover. Or maybe you want a life-long marriage. The choice is yours. However, if you use this process with total disregard for the feelings or welfare of others, or use it to deliberately hurt or manipulate others, know that you eventually will suffer as much as your victim. "What goes around, comes around."

At the same time though, be aware that you will not be able to change your life in any way without upsetting someone. Everyone currently on stage with you has a vested interest in the status quo. For instance, if a prisoner of war decides to escape from his captors and does so, it will cause his guards to be very upset. Even his prison mates may suffer because of his departure. Although many may suffer severe punishment, this was not the motivation behind this prisoner's decision to escape and be free.

By comparison, if you find yourself in a bad relationship in which you are totally miserable, your decision to be free from it should not be made with the intent of hurting your partner. Even though your absence from the relationship no doubt will cause him emotional pain, the decision was best for you. Unfortunately, because of how these negative effects affect others, most people usually resist change until they reach the point that they are really hurting and they feel that they have nothing left to lose by changing.

Too often, people waste their entire lives in unfulfilled, dead-end relationships simply because they were attempting to live up to the expectations of others. Too many people have denied themselves the fulfillment of their own desires and dreams because they had been programmed to believe that somehow *suffering* was something they were supposed to do; thus, they suffer. In other cases they believed that they didn't deserve anyone or anything better than what they already had. Therefore, they will never get anything better. (Why do the ex-husbands of a many-time divorced women always have the same negative attributes?)

For the record, unhappiness and disappointment are **not** what we, as Spiritual Beings, are meant to experience. Some people, nevertheless, have decided that experiencing pain is inevitable; therefore, they often see that pain is the will of God and that they must endure it.

Most people expect to feel well, and if they don't, they know that something is wrong physically. Thus, if a person begins to suffer from chronic bellyaches, severe headaches or chest pains, the chances are fairly certain that she soon will be consulting a physician, not only to discover the cause of the pain, but also to eliminate it.

This same common sense also should be applied to a person's emotional life. When there is no physical or logical cause of the pain, the person should consider the possibility that something may be wrong with her life and relationships and take action to change the causative situation.

If a person does not deal with her emotional problems at that level, more often than not, the pain progresses to the physical level in order to get her attention. If she continues to ignore it, the problem may very well develop into a *dis-ease* such as cancer, heart problems, MS, arthritis and other auto-immune diseases, stroke, skin rashes or diabetes, just to name a few.

I am aware that some say that if there is no pain while participating in physical workouts, there is no gain; consequently, exercise often is

carried to the extreme. In reality, chronic and increasing pain is a good indicator that something is amiss, or that you may be doing the right thing but in the wrong way. Pain of any type is the body's way of getting a person's attention that something is wrong physically, emotionally and/or psychologically.

It's amazing how many people had no idea how bad their relationships actually were until they finally sat down in the "hard light of day" and let it all out to their newly hired divorce attorney. Usually people become honest with themselves only after they realize that there is no other alternative. If the pieces have to be forced to fit or the woman must compromise her own values, then she should realize that it is the wrong **type** of a relationship and/or a **wrong** partner.

In conclusion, I have listed a few of the other nevers and nots that you need to be aware of when making a beneficial decision.

1. **Do not** try to use this process to make a decision for another person, i.e. he will love me; he will stop smoking someday, or he will become more understanding and compassionate. Regardless of how well motivated or noble his/her motives may be, no one has the right to make a decision for anyone else. In addition, no one can make a decision for another person. Therefore, don't waste your time trying. She who attempts to make decisions for other is like the fool who tries to teach a pig to whistle. It only will irritate the pig and frustrate the teacher. (Interestingly, I find that women will more often try to change their partners than do men.)

2. **Do not** plan the means to the end. Making grandiose plans and arranging how to achieve your goal is not your job. That is the function of the Higher Self. Although most achievement workshops teach how to create strategies or make plans for the best way to attain goals, as far as I am concerned, it is a waste of time. How that is accomplished is always taken care of by your Higher Self which knows precisely how that goal will be reached the moment that you make a decision. Any action on your part to inject your own plan will do nothing but circumvent the Higher Self's flawless scheme, which would have otherwise assured the attainment of your goal. The HS always will execute your decision in the simplest and most expedient manner conceivable with a flawless flow of circumstances and events. The reason for this is that the impetus for making your decision to change your life actually originated with the Higher Self.

3. As long as a woman insists on attempting to control of how her

goal will be attained, the Higher Self will be prevented from performing ITS function. More than likely, she will become entangled and trapped in determining the means to the end in her journey and never attain her desires. This was illustrated clearly in Deanna's story. She decided how she was going to find a man and what she had to do to find him. She wasted much time and energy trying to discover where the boys were. If you are sinking in quicksand, your problem is not to figure out the means of escape. Your goal should be to get back on the path to happiness in order to enjoy life again.

4. **Do not** decide **when** that special someone will come into your life by saying "I will meet him next Friday, or on my vacation next month, etc." Once again, it's not your job to set deadlines. **When** and **how** you will be brought into contact with the object of your decisions is the job of your Higher Self. The only responsibility you have is to decide on the end results that you are willing to experience. It is the Higher Self's responsibility to arrange the perfect timing. How IT creates the synchronicity of events is illustrated in many of the personal accounts in the following chapters.

5. **Do not** order a particular person even though it might be a temptation to do so. **Never** put a face or name on the desired person. This not only will result in disappointment and frustration, but will limit your options. You then are at the mercy of whoever is calling the shots. Only use other people as role models, this one is better than that one. Besides, what we admire in others is but a projection of what we think he is and that may be entirely wrong. Instead, decide on the kind of partner and type of function that you expect to be fulfilled. It's like putting a flame under a pot of water, just watch the bubbles. Make a decision and then be aware of what is going on around you.

For instance, if you have a very clear idea of the ideal partner with whom you wish to spend the rest of your life, have his personal characteristics down pat. Be clear about his religion, financial status, personality characteristics, health, etc. Then, decide to find a mate who has all the predefined characteristics you listed. Let the Higher Self do the rest. Be patient. Don't jump to conclusions, as did Barbara.

Shortly after listing her specifications for the man of her dreams, Barbara was introduced to a man who, she concluded, filled her order. Mistakenly, she **decided** he was the one. From that point on, she was locked in to him just like a guided missile seeking its target. The person in

question, nevertheless, showed absolutely no interest in her. Not to be dissuaded, Barbara went about convincing herself that he was exactly the person she had ordered, and wouldn't take "no" for answer even though she discovered that he had a wife and three children, which he conveniently forgot to mention. Instead of accepting the inevitable and letting him go, and let her Higher Self deliver the right man, she was bound and determined to have this one.

Therefore, she **decided** that she would somehow convince him to divorce his wife. Because she erroneously assumed that no one else could possibly fit her specifications, her obsession to fixate on becoming involved with this one poor, hapless individual resulted in nothing but emotional trauma for both.

6: **Do not** create the relationship before you decide what role he will play. It used to be that women decided to marry, and they did, but to whom? The first guy who asked them? Often we audition before we know the requirements of the role. Doing otherwise sounds too pre-meditated; it's like putting the cart before the horse. Women play the game and men take advantage of it.

As an example, usually a date or weekend will lead somewhere. However, if no one decided where the relationship is going, how can anyone expect to get there? A wise woman will decide where she is going before beginning the trip.

7: Lastly, **do not** compromise yourself to make the pieces fit. **Do not** decide to be someone that you are not. If you do, you will end up feeling "un-good" about yourself because you'll be living a lie. If you were supposed to be like someone else, you would have incarnated as that person in the first place.

In the following chapters, there are many examples of personal narratives of real people who have used the process to create fulfilling and happy relationships with the person of their dreams. You, too, can have the life you desire just by carefully employing the steps of The Creative Decision Process, while, at the same time, paying close attention to the words and phrases that you use to make your decisions.

Chapter 7 *You Set What You Order*

Honor Your Dreams

In 1980, Dallas, Texas, was the home base for many oil companies, as well as the regional center for numerous insurance companies, banks and schools of higher learning. Consequently, there was a glut of eligible females in the market. According to one report, there were approximately six eligible females for every available male in the greater Dallas area. This made the singles scene much like a zoo. As a result, every unencumbered male over the age of puberty who wasn't homosexual or senile found himself in an enviable position.

In the midst of all this overabundance of women was a single, desperately lonely, fifty-year-old woman, Beth. She never had been married and, as far as she was concerned, unless she could find a man with whom to share her life, life wasn't worth living. There was no way, however, that I could have guessed how hopeless she felt just by looking at her.

She was an attractive, well-groomed woman who made an extremely good impression. On the surface, she had everything going for her. She was quite successful in real estate and made it a point to tell me that, in addition to her professional accomplishments, she also was a good housekeeper, an especially good cook and knew how to make a man happy in the boudoir. Nevertheless, she was alone. Even though she had more men pass through her life than taxicabs through the Dallas International Airport; none of them stayed very long. Her most recent and longest relationship lasted six months. Unfortunately, before they could get

married, he died of a heart attack.

Most of the men in her life were only around from a few weeks to two or three months at most. For one reason or another, they left. In some cases, they would leave her for another woman or a better job elsewhere. In other instances she would discover they had some sort of psychological disorder or some type of drug dependency.

Then there were other times that she would discover that the guy had a wife and children who he conveniently had forgotten to mention, until after she was deeply emotionally involved in the relationship with him. In those cases, she immediately terminated the relationship. She said that she often wondered why her life-long pattern, which began when she was in high school, continued to blight her life.

To make matters worse, after the termination of the relationship, she usually would grieve for months before she finally was able to drag herself back into the single's arena, only to be battered once again. Hers certainly was one of the saddest stories that I had ever heard, but I had to hand it to her for her tenacity. After all these years, she never had called it quits.

Inasmuch as I do not believe in accidents, I assumed that there had to be a reason for this pattern. Also, it's my belief that unless there is some blood in the water, the piranhas do not attack. I approached her problem like an arson inspector looking for someone who might have been playing with matches. His first investigative technique is to visit the scene of the fires and to look for a recurring face in the crowd of spectators.

In Beth's case, she clearly was present for each of her disastrous love affairs. Therefore, I concluded, she must have done something to create the situations in which she continually found herself. I did not believe she was consciously setting herself up for disappointment, but at the level of her Higher Self, I knew she knew the predicament she was getting into each time before she became involved with a man. No matter what the situation, everyone gets a copy of the script before the drama begins.

As I previously stated, either a woman is making her decisions or someone else is making them for her. With this premise in mind, I asked her when she had made her first decision that ultimately created the pattern of shattered relationships. After only a few moments of thought, she related a scene that came into her mind that occurred when she was six years old.

She told me she saw herself coming home from school and found her mother sitting on the living room couch, crying. After running over to her mother to see why she was crying, her mother told her to sit down beside her. Her mother then proceeded to tell Beth that her father was gone and wouldn't be coming back. Beth said she was dumbstruck. She couldn't understand how this could happen. She could not understand why her father, whom she worshipped, could leave without even saying goodbye to her. As she recalled that tragic day, the tears spilled on to Beth's cheeks. It was obvious that the agonizing pain of the long ago incident still was a part of her life.

As Beth continued, she could almost hear her mother's angry and bitter voice, as she proceeded to tell Beth that "all men would leave her." Because of her situation, she advised Beth to make up her mind, right then and there, that whatever she was going to accomplish in her life, she was going to have to do it alone. The decision that Beth made that day over forty years ago was as clear to her as if she had only made it yesterday. "Whatever I do with my life, I will do it alone!"

In the next scene, Beth saw herself seated with her girlfriends in her junior high school cafeteria. They all were sitting around fantasizing about their futures. Most were deciding to get married someday. Beth, however, remembered deciding that all she wanted to be when she grew up, was a man's wife. She assumed that in deciding about what she **wanted**, she was making a decision for marriage. Until that moment of recall, she had forgotten about these decisions. Although she had not remembered making them, they continued to manifest as short-term dead-end relationships with men from the moment they were first made when she was a child, until the present.

I told her, like a computer, the Higher Self assumes nothing. It just executes our decisions by carrying out our orders exactly as we submitted them. In her case, the result was that the only men to whom her Higher Self would connect or allow in her life were those who eventually would leave her, or prove themselves unsuitable for marriage. IT had executed decisions exactly as Beth had made them so many years ago. Her life attested to the fact that the Universal Mind had been doing ITS job exceptionally well. The fact that she didn't realize the impact of those decisions obviously did not exempt her from dealing with the after-effects of them. Ignorance of the Law doesn't change the outcome of the decisions one makes.

Although she did not see how a simple decision could influence her life, she was, at this point, ready to try anything. Thus, she decided to make some new decisions. Her first decision was to decide upon exactly the kind of relationship she was going to have with some man someday if it were at all possible. For her, this meant marriage. Her second decision was to decide on precisely the type of man that she was going to marry.

After spending several days writing down all of the specifications of the type of man she desired, Beth finally came up with a "shopping list." It was one, which I might add, I thought was all but impossible to fill. What she stipulated was reasonable enough as she had included line items such as marriage based on love, honesty, mutual respect etc., etc. But when it came to the type of man she intended to marry, nevertheless, it was an entirely different story.

From her description, he sounded like a "John Wayne" knock-off. At a time when most single men in Dallas were wearing their hair long, she specified that her man would have a G.I haircut. She said it was a very important factor, since, as far as she was concerned, a real man wouldn't have long hair. Also, she specified that he would be either a bachelor or a widower. Because of her religious beliefs, a divorced man would be out of the question. Above all else, he had to be unencumbered both emotionally and financially.

In addition, he had to be either successfully self-employed or have a good job or be some type of professional man. Her point was that he had to be financially stable. Also, he had to own his home. Since she was five foot nine, she decided he had to be at least six-feet tall and built proportionally. Furthermore, he had to have good health and be between the ages of fifty and sixty. There were several other significant specifications, such as sexual and religious preference, taste in foods, and educational background. Her finished list covered every aspect she could think of including several of which I never had contemplated.

An additional factor that Beth had not bothered to mention to me, while planning her order, was that she had decided that she would be properly introduced to her future husband. This was to be her sign that the CD process was in action. When she made this stipulation, proper introductions practically were nonexistent in the single's scene.

Frankly, at the time, I believed she was pushing her luck. I believe in the CD process as much as anyone; however, when it came to Beth's dream man, I didn't believe such a creature existed in Dallas or for that

matter, any other place. I believed that any man with all of those qualifications would have been snapped up long ago, assuming that he ever had been available in the first place.

Because of the "market conditions" in Dallas's single scene, such a man would have his choice of any women over the age of thirty who had a better tract record than that of Beth, and probably with more to offer than she. But who was I to suggest that she modify her decision and settle for less than she desired? Thus, I advised her to go for it, while keeping my doubts to myself. You can imagine how amazed I was when Beth called about two weeks later to tell me that she had found **him**. I was so surprised that I nearly dropped the phone. She then proceeded to tell me how it happened.

She told me she met him while having lunch at the restaurant she had been patronizing for over a year. This particular dining spot was noted for its lack of business; consequently, as a result, her favorite waitress always saved her a special booth. On this particular day, after she was seated, the place suddenly filled with wall-to-wall customers. This occurred because the bowling alley restaurant across the street was closed temporarily, thereby causing her restaurant to fill with the displaced noontime customers from it.

It was only a few minutes after she sat down that her waitress asked her if she would mind sharing her booth with another of her regular customers. Being a considerate woman, Beth agreed. A few seconds later, her waitress was introducing her to a man named Bob, who, after being seated, began to apologize for his appearance.

He was a big man, well over six feet tall. His shirtsleeves were rolled up, and his Levi's appeared to be a bit dirty. Above his warm, apologetic smile, he wore a G.I. haircut. He quickly made a point to say that he usually sat at the lunch counter because he didn't want to mess up a booth. Because of the unexpected crowd, however, there was no empty place at the counter; therefore, he had to sit with her.

As they enjoyed their lunch together, he mentioned that he and his brother co-owned a machine shop, about a block away, and that was the reason for the grime on his pants. Also in the course of the conversation, he casually mentioned the fact that he had never been married because he felt he wouldn't have time for a wife while he was helping his brother to care for their aged mother who had recently died. He also explained that because of the long hours he and his brother worked building their

successful business, he had not had much time to date.

In addition, he inadvertently mentioned that at fifty-four, he still hoped to get married someday, if he could find the right woman. He told Beth that he wasn't interested in having anything to do with the women he'd seen around Dallas. As an old-fashioned chauvinist, he definitely was not drawn to the liberated woman.

As he talked about himself, Beth couldn't help but think about her checklist, noting that he seemed to fill the bill even to the not so clean fingernails. At this time in her life, she had it with the well-manicured three-piece-suit types and had made up her mind to find a real down-to-earth kind of guy. Bob certainly was that. Also, he told her that he believed that the man should be the decision-maker in a relationship. This sounded good to Beth, because she was tired of making all of the decisions alone.

By the time she called me, they already had been having lunch together on a daily basis, and he had taken her to dinner several times. He was exactly what she had ordered. Six months later I had the pleasure of giving her away at their wedding. About a year ago, I called her to see how things were going. According to what she told me, "things couldn't be better."

Ironically, Beth and Bob had been having lunch at the same time in the same restaurant for almost a year before they "met." Their seating placement, nonetheless, had prevented them from even seeing each other. Had it not been for their waitress, and a crowded restaurant, they may never have ever met.

Beth's story reminded me of the fact that it is impossible to order anything that is not available and/or attainable. Whether it is animal, vegetable or mineral, it has to be in stock somewhere on this planet, or you won't even think of deciding to have it, do it or be it. It is the same as when an item is not listed in a sales catalogue; you can't order it. (The Higher Self is aware of what is and is not available.)

Beth had been very specific, and hadn't overlooked any important factors. She had decided exactly what she was going to do, and the kind of man with whom she was going to do it. First, she made up her mind about the type of role she was going to play, namely a wife, after which she decided to find someone with whom to play that role.

Something worth mentioning is that Bob's idea of a marriage was completely compatible with Beth's. No compromises were necessary by

either party. Beth was everything he desired in a woman; therefore, it was not necessary for either of them to play any games. Both were absolutely free to be themselves.

Before the 1960's, most women had decided to get married someday, just as Beth's adolescent classmates had done. Later, when the timing was right, they would decide to find someone to marry. In other words, they first decided on the type of relationship, i.e. marriage, and then they decided on the type of person, i.e. someone.

Since the '60's, however, women definitely have been putting the cart before the horse. Many now decide to find someone with whom to spend a little time. Then, if all goes well, they play the wait-and-see game of hoping such encounters eventually will lead to some kind of meaningful relationship, without ever defining what kind of meaningful relationship they desire. This tactic always places them in the position of wondering how, and if, a relationship will develop.

This approach to relationship development makes about as much sense as throwing some flour, a few eggs, some chocolate and a bit of salt into a mixing bowl, stirring it, putting it in a pan and throwing it in the oven hoping like hell that something edible will emerge. I think that most people will agree this is no way to make a cake. The proper way is to first choose the type of cake to bake, then select the appropriate recipe. It is no wonder there is a great deal of confusion and disappointment in the way the mating game is now played.

In the theater, there is a method of selecting actors known as the casting-couch approach. In this case, the director or producer finds the actor first, and then attempts to find a role to fit the person selected. This approach inevitably has produced many failed performances. As any good producer knows, the roles are created and afterwards the appropriate actors are found to fill those roles. In that way, a much better production is created. I have found that personal relationships are no different. First formulate the role, then find the befitting individual to fill that role.

Never Compromise

You don't go into a shoe store blindfolded and tell the salesman to bring you a pair of shoes and put them on and walk out of the store do you? If we don't do that to our feet, why should we do that to our relationships? Order the size, type, color, use, etc., before you try it on.

Cindy, a daughter of one of my friends, developed an abrasive personality as a defense mechanism against getting hurt. In fact, I've seen kinder, softer, more feminine traits in cross-country truck drivers than this lady had. She always seemed to have a chip on her shoulder.

Inside, she was anything but what she appeared to be. In fact, she was a warm, compassionate and loving woman. She was a big woman, weighing about 250 pounds at five-foot seven or eight. She most always wore heavy boots and bib overalls. She looked like she probably didn't spend five minutes on her hair and make-up on any given day. Cindy enjoyed getting away from it all by taking off to the desert or mountains in her 4x4.

Recently, she had broken off a relationship in which she had given her partner much love, because he was incapable of committing himself. Actually, she didn't want a marriage, and only desired to have a baby. It was after I explained the Decision-Making Process to her that she decided to find someone with whom to have a baby someday.

Cindy decided the father of her baby had to be big, at least six feet tall, and healthy. She desired a real macho man, not someone who was the intellectual type. She had some other specific qualifications. Although she was loyal, kind and loving inside, I just could not envision the type of man who would be attracted to her outward appearance. She was not into disco or social clubs or ever went any place where she could meet a man. If she happened to meet one who was nice to her, she usually would rebuff him.

Her brother, Mark, was a computer buff. He spent a lot of time talking to people in a variety of "chat rooms" all over the United States. Cindy, of course, thought it was an awful waste of time and a crazy thing to do. Her brother encouraged her to at least listen as he joined the chat-room discussions. After she listened for awhile, she thought it might be fun, so her brother explained how to use the computer and get into the various discussions.

As you probably know, everyone on the Internet has to have an e-mail address. She chose "Shrew" as hers. One thing that Cindy had going for her was her very pleasant voice. Soon, talking with the people in the chat-rooms became a habit. Since she worked the late shift, so would begin surfing the "net" for interesting chat-room sessions about one or two o'clock in the morning. "Coincidentally," there was some guy that also came on at about the same time. During the next few months they developed a "talking" relationship. They also discovered that he lived in a

near-by town. After several more weeks, they finally decided to meet for coffee at a local fast-food restaurant near her home.

While she was waiting at the restaurant, she was beginning to have second thoughts about the meeting. Actually, Cindy went to meet him with the idea it would be brief, and end in four or five minutes. She had no expectation of forming a relationship because she didn't believe it would happen. As she was pondering the foolishness of the situation, in walks a big six foot three inch, 400-pound man. For both of them it was instant love at first sight. He thought she was the "cutest" thing he'd ever seen. They talked for awhile and their relationship was born. When they walked, they moved together—all 600 pounds of them.

Now she has had her baby, and both she and her husband are delighted with him and love him very much. Although marriage was not a prerequisite, they, nevertheless, married about three years after their son was born. There were a variety of reasons they did not marry sooner, but they are irrelevant.

Cindy did not compromise her list of qualities she desired in a relationship. She likes herself, and he also likes what he sees.

Dirty David

Unfortunately, not everyone who uses the CD process uses it for the most noble or moral purposes. David, twenty-six, had been having lousy luck with his love life for about two years, until he took my workshop. After the break-up between him and his fiancé, he found it nearly impossible to find someone to date, let alone someone with whom he could go to bed. He readily acknowledged that he wasn't the most handsome of men; although not ugly, he wasn't handsome either. He was about five foot seven and definitely was on the heavy side with about a forty-inch waist. To put it bluntly, he was about as horny as a sailor who hadn't been in port for over a year.

As far as sex was concerned, his fantasy was to make up for lost time. He wasn't particularly interested in having a long-lasting relationship. He only wanted to have sex. His dream was to be the third person in a menage-a-trios with the two other members being desirable females. As I have previously stated, I'm not a moralist. "You get what you pay for, and you pay for what you get." After making his list on the

type of relationship he had decided to have if he got the chance, and the type of women with whom he was going to have it, he left the workshop with a sly smile on his face.

About a year later, I bumped into him on the street. I hardly recognized him because he was much, much thinner. He almost looked anorexic. However, that was not the case. He told me that, indeed, he found a couple of ladies who were sisters and were interested in exactly the type of relationship he had ordered. They were not only interested in entering into a menage-a-trios, but they had even been the ones to suggest the relationship to him. To his surprise, they both found him cuddly and desirable. The fact that he wasn't tall, dark and handsome was of no consequence to them. He said that before long, his fantasy had been completely realized.

Now, he told me that he had new problems. He asked me how to get out of the relationship while he was still alive. This I did, and have not heard from him since. I'll probably never know what happened to David. (Interestingly, in this type of relationship, it is the man who loses weight.)

The moral of this story is to be careful what you order because that is exactly what you will get. Be aware that the Decision-Making Process is very powerful and the Higher Self must manifest it as ordered.

Chapter 8 *Oops, I Forgot*

Wrong Assumptions

It never has been my intention to make people feel paranoid about using The Creative Decision Process. Nevertheless, I certainly will continue to emphasize the importance of being very specific when placing an order. Remember, the Higher Self assumes nothing and executes decisions exactly as ordered. Also, if a person doesn't order an item or characteristic it will not be included in the delivery. Sally is a good example of a person who was not specific and forgot that the Universe only can deliver exactly what is ordered.

Like most of my students, Sally was somewhere in her late thirties or early forties and single. Like Deanna (Chapter 4) she had practiced all the timeworn techniques in order to find someone with whom to share her life but failed to connect. She had made enough mistakes in the game of love during her life, and now felt that if she didn't find someone soon, it would be too late.

There was urgency in her manner as she approached me after class to ask my advice about compiling her "shopping list." We spent about an hour reviewing her desires while emphasizing the importance of being very specific. Then I helped her compile a list of the specifications she desired to have in the loving, exciting love affair that also was enjoyable and intriguing.

It was several months before I heard from her again. When she called, she said she was in trouble and sounded quite upset. She told me, while at a party, she had received almost exactly the man she ordered two

or three weeks after placing it.

She said the hostess introduced her to a man about two years older than she was. After sitting down beside her, they quickly struck up a conversation. As far as she was concerned, however, romance was out of the question because of his race. It was not that she had anything against it, but rather had assumed that the only type of man she would ever find attractive would be of her own race. To her surprise she found herself becoming more and more attracted to Craig, as the evening wore on. She began to think he was wonderful. Instant chemistry. Wow!

Before long, Sally forgot about Craig's race. His energy was unlike any she ever had encountered with another man. She couldn't help but notice the warm, cozy feelings he evoked in her as they talked, laughed and danced together. There was mutual sharing and fun in the short space of a few hours. It had been a long time since she met a man with whom she could laugh and be herself. As a professional businessman, Craig was well-educated, articulate and also was aware of and respected her sensitivity.

Before the evening ended, a future dinner date was set. This led to more dates, and before long, it was clear that the attraction between them was mutual. Somehow the issue of race seemed to disappear and within a few months after they met they became heavily involved with each other with considerable deep mutual love between them. As far as they were concerned, it was a wonderfully fulfilling relationship. When the lights were out, it was fantastic.

However, problems began to surface as their relationship became known to their respective families. His two children and Sally's teen-aged daughter were quite uncomfortable with the situation. In addition, her parents strenuously objected to their relationship. To make matters worse, their respective employers also began to put pressure on them to stop seeing each other. Furthermore, there was heavy-duty criticism from her pastor and friends because her religion was strongly against mixing races. All of their problems were caused by outside pressures.

At first, Sally and Craig disregarded the external discord; nevertheless, as time passed, and their relationship deepened, the external discord could not be ignored. But there was no way either was willing to give up the relationship that they had with each other. If anything, the external pressure brought them closer together.

In spite of the fact that they were doing everything humanly

possible to continue their relationship, by this time the dissension within their respective families was becoming unbearable and the tension was beginning to put a strain on their emotional bond. Soon, however, it was clear to both of them that a choice would have to be made between their families and careers and their love for each other.

It was at this point that she called and asked for my advice. She couldn't believe what was happening to her until I asked her if she stipulated what race her man should be. At that moment everything became clear to her. She had forgotten to order this trait, as race never had been a factor in her life. She never had dated outside her race, so it did not occur to her that she would ever be involved with anyone outside of her race. Now, she was feeling somewhat guilty for taking such a factor into consideration. Now, through no fault of their own, this issue was threatening every other relationship they had. They both were experiencing tremendous social pressures which were tearing them apart emotionally.

After discovering that Craig had all the traits for which she had ever hoped, with the exception of color, I suggested that she order someone exactly like Craig but stipulate her own race. I told her models come in all races and all colors. Although she expressed her doubts saying that there was no other man on the planet with his qualities and with whom she could feel as she did when she was with Craig, she, nevertheless, said that she would make a new updated decision.

Within days, Craig was offered a job transfer and significant promotion in Chicago, which was nearly a thousand miles away. His employer made it very clear that this offer would be unwise for him to refuse if he intended to continue to advance within the company. He was assured that management's decision to transfer him to Chicago had nothing to do with his relationship with Sally. Although he didn't believe that for a minute, he accepted the new position because job offers such as this one were few and far between.

A few weeks later, as they tearfully parted at the airport, Craig gave Sally every assurance that he would return to see her at every opportunity. He reminded her that it was only a three-hour flight back to Chicago. The last thing he said was to promise he always would love her. Although she really wanted to go with him, there was no way that it was possible. She wasn't willing to give up her career in mid-stream and begin all over again in another city. Besides, she had to think about her daughter who then was

a junior in high school. She felt it just wouldn't be fair to disrupt her daughter's life for the sake of her own happiness.

As she watched his plane take off and disappear into the horizon, she felt as if she were dying inside. "How could such a beautiful relationship end that way?" The only thing that she was aware of was that she needed a drink. Thinking about it, Sally never could remember any previous time that she needed a drink. (Evidently, she had forgotten about the decision to find someone to replace Craig.)

The next thing she knew, she was sitting in the airport bar alone, impatiently trying to get the bartender's attention whose eyes were glued to the TV. The Broncos were about to make a touchdown, so he was oblivious to customers in the bar. Now, she knew why she hated football. All she could think of was a double scotch with a water back.

She was about to leave in disgust when she felt a gentle tap on her shoulder. Startled, she turned to see the considerate face of a man who was apologizing for startling her. Before Sally could say anything, he asked if it would be okay with her for him to try and get the bartender's attention on her behalf. Thinking to herself that the Bozo bartender might pay more attention to a man's voice, she agreed. After asking what she wanted, he noted that they both were having the same kind of drink. He gave her his scotch and water that had been served to him just before she arrived and ordered another for himself and sat down at her table.

Soon a conversation developed and they discovered that they had much more in common besides their choice of alcohol. Like Sally, he too had been seeing off the woman whom he loved. Although the circumstances leading to their parting were different, the end result was the same. Neither of the wounded souls had much hope of continuing a relationship with the respective persons.

One thing led to another and, as they departed, they agreed to meet again. Sally couldn't help but notice the similarities between Craig and her new found friend, Scott. Except for his race, he almost was like Craig. He was approximately the same age, height, and weight. His career was in the same field except it was based permanently in Denver. To Sally, it almost seemed as if they were one and the same man inhabiting different skins. Also, Sally had the same feelings when she was with Scott that she felt when she was with Craig. Her order was filled the moment he tapped her on her shoulder.

As time passed, Craig phoned her less and less. In spite of telling

her he would return periodically, he never did. Eventually, he called her to say that he was involved with another lady. The Universe quickly filled his void. With a sigh of relief, Sally felt a great burden was lifted from her shoulders. Now she felt free to pursue her relationship with Scott.

In this case no one had to be the bad guy. Everyone got a chance to save face. People will go to great lengths, even die, to preserve honor. The important message of this story is that if things such as race, physical appearance, age, education or family ties are important, it is a good idea to decide to find someone with the requisite qualities for a compatible relationship before getting involved. Here, too, regardless of Sally's doubts, a suitable replacement for Craig existed. Sally only had to place her order.

Too often, I find my students make the mistake of assuming their options are limited and cannot make a new decision without experiencing a major loss. For example, a person orders a twenty cubic foot, avocado green refrigerator. Just before it is delivered, however, a new model is released that features more qualities and at a lower price than the one previously ordered. Most people wouldn't hesitate in rejecting delivery of the initial order and requesting the newer model. A reputable appliance company wouldn't expect a person to settle for the older model. Although it may be somewhat inconvenient, the company promptly will replace the old model for the new one.

Replacing a mate is no different. Don't not make a new decision because of fear. When you don't like the model you received, change your order. Don't compromise your values or try to force the pieces to fit. Like the refrigerator, the Higher Self always has more than one suitable model available with which to fill orders.

No Shopping List

Mary Jo's story is a good illustration of how the Higher Self literally executes decisions. She was the third of five children born into a working class family living in Pittsburgh. She had all the necessities of life, but there was little money for the luxuries. Her parents were devout Catholics, and raised their children to believe that it only was through prayer that their dreams would be fulfilled.

Regardless of how she tried to reconcile her suppressed fantasies with her reality, she failed. The only thing of which she was constantly

aware was the ticking of the clock as she watched, in horror, as her youth and beauty slipped away. It wasn't that she didn't love her husband, because she did. It was just that she felt she deserved more than he was willing to offer.

After her divorce, she had several love affairs but always held her emotions in check until she could determine her lover's financial status. Since none of them were very wealthy, the affairs were short-lived and she would move on to the next.

Early in her nursing career, she realized that she couldn't join the right clubs, buy designer outfits or play the game of placing herself in the path of wealthy men, so instead, Mary Jo concentrated on developing a pleasing personality, her mind and social graces. She was like an actress constantly preparing herself for a role, which she had not yet created. Being devoutly religious, she reverently offered one novena (a process of prayer) after another to the patron saint of unmarried young women, Saint Anne, in the hope that she would send her the wealthy man she desired.

By the time she took my "Winning at Romance" workshop, she had been practicing this ritual for about four years without any apparent success. During the workshop, she learned that it was best to decide to achieve a goal. (I have previously stated, prayer **never** is necessary to obtain a goal.) She had been asking St. Anne to take the responsibility for the events in her life instead doing it for herself.

Mary Jo's novenas were the Catholic version of the widespread belief found in most religions around the world, in which people ask something outside of themselves to assume the responsibility of the fates. As millions of people can attest, this practice is "iffy" at best. Sometime prayers are answered but you can bet that a decision was made prior to the prayer if they were. Realizing that up until that time her prayers had not been answered, she decided to opt for the more direct method by making a decision to find and marry a wealthy man.

About three years after taking the workshop I accidentally bumped into Mary Jo at the airport. Mary Jo asked me if I remembered her and what she had decided to do with her life. I was embarrassed to say that I didn't remember and she went on to refresh my memory.

She told me that shortly after the workshop, she accepted a job offer in California working in a clinic which specialized in the treatment of people suffering from hypoglycemia (low blood sugar). It was exactly what she had wanted to do, since her father had died of complications of

diabetes, a condition related to low blood sugar. While working at the clinic, which catered to a wealthy clientele, she met, fell in love with, and married one of the patients, William, who just happened to be quite wealthy.

His family was third generation from old Philadelphia money. For instance, their mohair living room furniture had once belonged to his parents. Although sturdy and serviceable, it was no longer fashionable and unlike anything she would have chosen. To her chagrin, her husband said it had many years of wear left in it. Besides, he told her, if it was good enough for his parents, it was good enough for them. Also, their Duncan Fife dining room set had belonged to his grandparents. Again it was usable, but she hated it, preferring a much more contemporary design. Instead of the mansion she envisioned in which she would someday live, she found herself living in basement floor apartment in a middle-class neighborhood. William, her husband, told her he didn't want to waste money on appearances.

Mary Jo told me she was driving a four year-old Honda sedan and William, an old Toyota. Neither car was the top-of-the-line model. Although he could easily afford a Mercedes or Cadillac, he was afraid to drive one because people might single them out as being wealthy. He was absolutely paranoid about anyone knowing that he had money. He feared that he might be kidnapped or harmed in some way.

For recreation, she told me she was allowed to take tennis lessons and play golf as long as she did so with people whom William checked-out and approved. This he did to insure her safety. A workaholic, he spent his leisure time pouring over his stock portfolio, and figuring out ways to increase his wealth.

They rarely went out to dinner and when they did, it never was at a five-star restaurant, and he always left a small tip. On a thirty-dollar tab, he invariably would leave a seventy-five cent or dollar tip. Having been a waitress when she was working her way through nurse's training, she knew how waitresses felt about miserly customers and actually was embarrassed by his low tipping. As a result of her chagrin and her embarrassment, she soon began to prefer to eat at home.

To make matters worse, whereas her first husband was warm, caring and affectionate, William was emotionally cold, critical and aloof. The only thing that seemed to cause his passion quotient to rise was an increase in the value of his investment portfolio. The almighty dollar was

his god, and greed his only apparent motivation.

His jealously forced her to live like a bird in a gilded cage, and not very gilded at that. Their vacations were not spent visiting exotic or romantic places, or on luxurious cruise ships, but rather panning for gold knee-deep in a cold mountain stream on his desolate mining claim located in Idaho, a hundred miles from nowhere. The claim had been in the family nearly a hundred years, but little gold ever had been found.

He also restricted her personal spending. He only allowed her only to buy four new outfits a year and then only when they were on sale. She had been more generous with herself when she was living on her nurse's salary. I couldn't help but pity her. Hers truly was a tragic tale, especially when she mentioned how often he told her that the men in his family were notoriously long-lived, always out-living their spouses. I wondered to myself if she were clandestinely offering novenas to the patron saint of widows if there were such a saint. For her sake, I hoped that there might be one. Of course, I didn't mention this to her.

As we talked, I remembered exactly what her decision had been. She decided to marry a rich man. That was all. She evidently had assumed that marrying a well-to-do man would allow her to live a wealthy life-style. Also, she mistakenly had assumed that generosity is a characteristic of the wealthy. In addition, Mary Jo had assumed she would share common values with her husband to be. In other words, everything she assumed she assumed wrongly. However, she received exactly what she had ordered and nothing more. Her lifestyle actually was less affluent now than it was when she was supporting herself.

Mary Jo's story is an excellent example of how what is omitted from a list is as or more important than the items included. She did not order a loving caring, or generous man nor did she order someone with whom she would enjoy living or with whom she could share common life goals. Nor did she decide to find a man with whom she would experience sexual fulfillment. (She and her husband slept in separate bedrooms.) In other words, Mary had not decided to be happily married and as a result, she wasn't. As a matter of fact, at our chance meeting she said that she had **made up her mind** to make the best of the situation in hopes that her husband would change someday.

As tactfully as I could, I told Mary Jo that leopards seldom are known to change their spots. On that note, we parted. As far as I know, she still is driving her economy car, buying her clothes off the rack in a

thrift store and panning for gold on her vacations in Idaho. As is obvious, the Higher Self assumes nothing. It only can execute the decisions as made. It is unable to add or delete anything from the order.

Wanting to marry a rich man is a common goal among many women. The mistake they make is assuming they will be happy if they have money. They see money as a means to an end instead of deciding on the end result of whatever they wish to have in a relationship and letting the Higher Self take care of the details. If a wealthy lifestyle is what a woman desires, she first must decide to live that way someday with someone she is able to love and who loves her.

More often than not, many people see that having money is necessary in order to live a certain life style only seeing money as the end unto itself. As Mary's story illustrates, that is not necessarily true. Money is a means to an end, but note there are others. For the Process to work effectively, a person must decide to achieve the end and then let it go so the Higher Self can do what it is supposed to do—work its magic to fill the order.

I become somewhat upset by those people who use the Process to acquire a rich someone—making this their major stipulation. I often wonder how they would feel if they were drawn into a relationship with someone who assured them they were everything they had ordered but who, nevertheless, were unacceptable as a mate because they lacked wealth. I can hear their howls of indignation when the shoe is on the other foot.

Always a Friend; Never a Lover

Teresa, a second grade school teacher with two Masters Degrees, topped out at six feet two in her stocking feet. She had a nice figure and a pleasant personality. Unlike many tall women, she carried herself well: shoulders back and chin held high. Her problem was that, although she knew many men who were more than willing to be her friend, none seemed to be interested in becoming romantically involved with her. According to her, this was a life-long dilemma.

Because of her upbringing in a small rural community in Oklahoma, she loved the outdoors and enjoyed all sorts of outdoor activities such as hunting, fishing, hiking, horseback riding and camping. These activities guaranteed her a lot of opportunities to meet men with

similar interests. She not only was a stock car enthusiast who liked to attend races, but also was allowed to be a member of a pit crew.

She couldn't understand why, out of all the men she knew, not one of them even hit on her let alone ask her for a date. It certainly was not because she wasn't interested, because she definitely was, almost to the point of desperation. At thirty-eight, she realized that she must be doing something wrong. Since she felt her clock was running out, she decided that she had to do something very quickly if she ever planned to find that special someone.

Just as with Beth, I asked her when she made the decision which apparently had put her on the sidelines. After a few moments of thought, she told me she remembered a scene that occurred in her father's car when she was thirteen years old.

On that day, the family was driving home after a trip to the city. At the time she was very upset because she knew that they wouldn't get back in time for her to see the newspaper boy deliver the paper that day. As she remembered the scene, this was a big deal for her because she was secretly "in love" with the lad. For months, she always had made it a point to be home when he came by, just so she could see him.

The newspaper boy, of course, had no idea how she felt about him. That, nonetheless, had nothing to do with her feelings towards him. After crying all the way home and for several hours afterward, she **vowed** that she would save herself for him forever even if it took the rest of her life. She had made up her mind, as only an adolescent can, that this was the only boy that she ever would love. That was it! That one absent-minded decision was all she had to do to put herself in a romantic cold storage for all of the years since.

After realizing the effect of her childhood decision, she immediately decided to replace it. Her new decision was much like Beth's except for the type of man she was willing to have in her life. Her desire was for a much more out-door type, who loved sports and other outdoor activities as much as she did.

It was only about a week later that her girl friends invited her to lunch. Much to her surprise, when she arrived, her girl friends were not there, and strange man was seated at their regular table. As she approached the man, he started to rise but she motioned him to remain seated. While waiting for her friends to arrive, she found that she couldn't take her eyes off of him for more than a few moments at a time. Only a few moments

elapsed when it became obvious to her that there was some powerful chemistry at work. Her reaction to him was quite unlike her.

He then asked if he could sit at her table. (Her fiends never did arrive.) Before lunch was over, he asked her for her phone number, which she gladly gave to him. There was clearly some kind of connection between them. Upon leaving, he began to stand up, but once again she motioned for him to stay seated.

On the way back to her car, she berated herself for acting like an adolescent schoolgirl. One thing for sure was that she now knew what it meant to be on the receiving end of some raging hormones.

On one hand she was glad, to put some distance between herself and her new friend, but on the other, she prayed that he would call. It was only a couple of days later that he called and asked her out for dinner. She, of course, accepted without a second thought.

That evening when he arrived, she got the shock of her life. It happened that he was only about five foot nine. She instantly realized that at their first meeting, she had never allowed him to stand up. (Most people look about the same when they are seated.) With a slight mental adjustment on her part, they went out to dinner. A romantic relationship developed over the next several months. The more she learned about him the closer he came to fulfilling every factor on her shopping list.

- She had ordered someone who loved cars as much as she did. He was an automobile mechanic.
- She was part Cherokee and had stipulated that he must be part Cherokee
- She was "out-doorsy" and he was a sportsman
- She liked country-western music and so did he
- She was a Baptist and so was he. Neither took their religion too seriously.

As is quite obvious, there seems to be no time limit on the decisions we make. Just like the computer programs, they are in force until such a time as they are replaced by new decisions. Teresa's decision made during the emotional turmoil at age thirteen was to wait for the newspaper boy to be hers, even if it took the rest of her life. Although he never was hers, and had completely forgotten about the vow she made, she, nevertheless, "continued to wait." The Higher Self had done its work well.

This again should remind you that decisions must be made with care as you will get what you decide to have, to find or to be — good or

bad. You get what you order. There is the old saying that you "may get what you wish for." From experience, I know that you will get what you make a decision to have, to be or find if you follow the seven simple Creative Decision steps.

Chapter 9 *What Did I do to Deserve This?*

The Widow's Lament

Rachel had been married for well over twenty years when her husband was brutally murdered during a jewelry store hold-up. She grieved over her loss for nearly three years until finally at fifty-two, she reluctantly decided she was too young to spend the rest of her life alone. A Jewish woman of high moral standards, she wasn't looking for any fleeting affairs or one night stands. Her desire was for a meaningful relationship with a man whom she could respect. She preferred someone she could love as much as she had loved her husband.

Therefore, she decided to have a relationship in which she could be herself and that was based on fairness, love, and on both intellectual and emotional compatibility. What she desired was a standard brand relationship. After deciding on the type of relationship, she decided on the kind of man who could fill the role.

Because of the competitive nature of the Jewish women in her town, she was very clear about stipulating that whoever he would be, he would be unknown in the scriptural sense to the other women in her social circle. She had no desire to have any other woman privy to any carnal knowledge of him.

Also, she decided that he would look as much as possible like her deceased husband and that if he had any children, she would be able to love them and they would be able to love her in return. Furthermore, it was very important to her to be able to share her knowledge of metaphysics with her new man. Her late husband's lack of interest in the subject was a constant

source of disappointment for her.

Lastly, she decided that her new friend would be someone with whom she could share ideas, have a quiet dinner at home and/or go to the theater. He, of course, had to be a well-educated professional man.

A few short weeks later, while attending a metaphysical gathering in her city, she was startled to see a gentleman across the lecture room who looked enough like her deceased husband to be his brother. He had the same silver-gray hair, the same color eyes and the same type of open smile. They first made eye contact while being seated across from each other during the dinner break. Rachel said that she felt as if she had been hit in her solar plexus by some unseen force. She felt like a foolish schoolgirl, heart fluttering, palms sweating, and all of the other symptoms of being smitten. In her soul, she was sure that Mike was the man whom she had ordered. Before the conference ended, he invited her to dinner and the theater. Thus, their relationship was launched.

As it happened, he also was Jewish, a father of two, and a teacher and college administrator who had just relocated in her city from one quite distant. He had been in town only a few weeks before attending the conference. Although he was the son of an orthodox Rabbi, he had little interest in Judaism or, for that matter, the Jewish people in general. He, therefore, had made it a point to avoid getting involved with the Jewish set. At first, it was hard for her to believe that she had found her man. She loved being with him and they shared many common interests. As their relationship developed, they spent endless hours together discussing everything she knew about metaphysics. Because it was all new to him, he was totally interested in everything she had to say.

She was particularly grateful that he made no effort to seduce her, always being the perfect gentleman. After several months of no sexual advances, however, she began to wonder why he lacked any sexual interest in her and initiated their conversations into the more intimate areas. Whenever she did this, nevertheless, she noticed he always changed the subject. Notably frustrated, she eventually became more sexually aggressive by creating intimate candlelight dinners at her home with romantic music playing softly in the background. Regardless of her efforts, he did not change. All her preparation only caused her to become more frustrated. It finally became clear to her that he was just not interested in having a sexual relationship. He loved her as a friend and companion, and that was it.

It was three years after they met before she realized she had not decided to find a replacement for her husband, someone with whom she could become romantically involved and possibly marry. She, nonetheless, got exactly what she had ordered and nothing more. Because of her moral values and loyalty to her late husband, she inadvertently had omitted sexual activity from her program. It wasn't that Mike wasn't interested in sex, because he was. He, however, satisfied that desire with other women without ever realizing that Rachel was eating her heart out for the same kind of intimacy.

Once again, make note: if you don't order it, you don't get it. Eventually, Rachel realized that she no longer could pretend that it didn't bother her when he dated other women. Rather than continue their hurtful relationship, she broke it off.

Just a side note: Mike's two children formed a loving relationship with Rachel when she was involved with their father. This relationship that she decided to have with his children continues to be satisfying and loving. Win a few, lose a few.

Since she broke off the relationship with Mike, Rachel has had several interesting relationships with other men. At this point in time, however, she is no longer looking for a replacement for her late husband, preferring the unencumbered single life. Here it should be noted that this is her conscious choice.

In reviewing Rachel's story, it is important to recognize that she was a woman who went about her business without any great thought of meeting someone to fill her husband's shoes. She didn't join any new clubs, enroll in any fitness programs nor did she become involved in the single's networking game. After she placed her order, she went about her business as usual, thus allowing the Universe to deliver. She often mentions how uncanny the seating arrangements were handled at the initial dinner break where she had the opportunity to meet, engage in conversation and get to know Mike. The timing was perfect. Looking back she is very much aware of not only what she ordered, but also what she failed to order.

True Blue

Like Rachel, Sally also was a widow. She had been married for nearly twenty years and she and her husband were totally devoted to each

other when, after a long illness, he died. As far as she was concerned, they had had a perfect marriage. As with all relationships, they had their trials and tribulations with the children, in-laws and a few rough financial spots, but they weathered the storms and planned to grow old together. But it didn't happen that way. Hank succumbed to an illness when she was only forty-five; thus, as a widow, she now was alone.

I first met her about four years after Hank died. At the time, she told me she had had no romantic involvement since his death. Although she was a little on the chunky side, she, nevertheless, was a physically attractive woman with an extremely likable, enthusiastic personality. A true lover of life. I don't believe that I ever had met anyone as friendly or who had more zest for life and physical energy. Although she had many good qualities and knew many men, none seemed to be interested in her. She told me that she had not had a single date since her husband had died. She, of course, had no idea why no man even gave her a second look.

As with everyone else, I assumed that there must have been a causal decision she made at some time in her life which was producing this lack of male interest. Because she refused to accept the idea that it could possibly been her decision that was producing her loneliness, she was difficult to convince otherwise.

After about twenty minutes of discussion about her predicament, however, she admitted having making a decision while she was dating Hank. As did Marsha, she recalled making a decision one night after Hank asked her to marry him. After saying "yes," she decided that Hank was the one and only man she ever would be with. As far as she was concerned, from that moment on she was totally and unconditionally committed to him.

Because she came from a solid Catholic background and took her religion very seriously, she believed that their relationship was something special. She felt that God had a lot to do with Hank coming into her life. She was about nineteen when she made her critical decision; they had been dating for about two years and were married soon after she finished her nurse's training.

Her wedding vows were an affirmation of her decision that he would be the only man that she ever would marry in this life. Because the Church did not sanction divorce, the thought of re-marrying never entered her mind, even though she now was a widow. Unfortunately, Hank's death did not change her vows to him. At an unconscious level, Hank still was

the only man she ever planned to marry in this life. Her decision was unconditional and had no escape clauses.

In addition, while still grief-stricken over his death, she decided to be celibate. At the time, she couldn't imagine herself becoming intimately involved with any man other than her husband. To even think about it was tantamount to being unfaithful. Regrettably, she placed no time limit on this latter decision. Therefore, that, too, was still controlling her love life. She may as well have joined a convent. Because she was unwilling to settle for any relationship that she considered to be less than that which she had with Hank, no man came into her life. (Over a period of time, most people forget about the not-so-good parts of a marriage or relationship.) Also, men seem to be aware when a woman is unavailable, no matter the reason.

Over the years since I first met her, Sally often has said that she would like to have a man in her life and believes that she deserves one. It is interesting to note that she acknowledged a desire, but has never decided to satisfy it. In addition, she wanted and believed that she deserved only the best. (But, on the other hand, thought no one could be better than her late husband.) In addition, unfortunately, just believing or making affirmations that she deserves someone in her life doesn't, for a moment, mean that she will receive him. Remember, a decision must be made first before anything is created whether it be a man, a relationship or a pair of shoes. She never has made a decision to have him.

Interestingly, I have noticed that widows, unlike divorcees, usually decide to grieve for a predetermined period of time after the death of their husbands. They invariably decide to go through a period of mourning for a year or two or how ever long it will take for them to recover from their loss. Strangely, for that period of time they and the men they know, instinctively honor these limits. This appears to be especially true if, in their minds, they had a good marriage or if their husbands die suddenly.

It's almost as if widows erect a mental "no trespassing" sign. Ironically, while talking to them, I have noticed that a few weeks or months after their official mourning period has ended, men whom they may have known for months, or even years, who previously expressed no romantic interest in them, unexpectedly begin coming on to them. Apparently, this happens because after the passing of the appropriate amount of time, these ladies have decided to pick up the pieces and go on with their lives.

On the other hand, widowers tend to marry much more quickly. It is not that they grieve any less, but, rather, that they have not made a

conscious decision to mourn for a set period of time. As I've previously stated, you either are making decisions for your life, or someone else is making them for you. Often, it appears that many women decide to marry a man whose wife has recently died.

It is an entirely different story when it comes to divorcees, especially if they initiated the divorce. Usually, soon after the divorce, they decide to find someone to be with, which overrides the marriage vow. This is especially true in Las Vegas and Reno where their decisions often are executed in a matter of hours. Also, men tend to view divorcees differently than they do widows. At the psychic level, there appears to be a "welcome" sign instead of the "off limits" sign that widows carry.

Interestingly, in cases in which their husbands initiated the divorce, the women's stories resemble those of widows. For these women, the marriage vows are taken seriously and transcend the divorce decrees. Regrettably, there is nothing in the normal process of getting a divorce that nullifies a marriage vow. It simply is an elevated decision. Too often, divorcees blame themselves for the failure of the marriage. In addition, there is no sanctioned grieving period for the divorcee even though she may feel the same loss as does the widow.

I do not know of a marriage vow that includes an escape clause for divorce. They tend to be worded in terms of life-long commitment. Unfortunately, a woman in the divorce court usually will think of herself as somebody's ex-wife or as a divorced person. They don't necessarily think of themselves as being single or unmarried. Conversely, in my counseling I have noticed that divorced men usually think of themselves as being single again with all the privileges and opportunities of bachelorhood. (On my interview form, the divorced man will check single, whereas, the divorced woman nearly always will check divorced. Obviously, an entirely different consciousness and self-image exists between the two sexes in matters of divorce.)

I always make it a point to emphasize this difference to the woman who sees herself as divorced. I suggest that instead of thinking of herself as a divorcee, to begin thinking of herself as unmarried if she has children, and as single if she doesn't. For some reason, women with children appear to be quite uncomfortable with the idea of being single. It may be because they then think about their children being fatherless, or that they just had an affair. Men, however, seem to have no such dilemma.

C.Y.A. (Cover Your Backside)

One of my students, Jerry, a traveling salesman, was in what he considered a lousy marriage. He was unhappy, frustrated and told me that he wanted to be unattached as soon as possible. In fact, the reason he took my "Winning at Romance" workshop, was to discover how he could end his marriage. After getting the principles of the decision making process firmly in his mind, he decided to be single again--as quickly as possible.

Because he had to be away from home for extended periods of time, it was about three weeks before he called me. It was obvious that he was extremely upset. He told me that when he returned home from his sales trip, he found an empty house awaiting him. His wife was gone. His children were gone, and his boat, snowmobile and car were not in the garage. The house was empty except for one coffee cup and one lonely cracked plate and a mismatched place setting of cheap flatware that lay on the kitchen counter. His house had been stripped of every piece of furniture. Also, the garage was bare, except for the dust in the corners and a few scraps of paper on the floor.

He said that at first he thought he had been robbed, and decided to go to his neighbor's house immediately to call the police. Before he could do so, however, the neighbor came over and told him everything was all right. He told Jerry that last week his wife had hired a moving truck and moved. He was dumbfounded at this unexpected chain of events.

Totally confused, he went back inside of the empty house to think about what to do next. As he still was wondering what had happened, the chiming of the doorbell disturbed his thoughts. Through the open door, he could see that a deputy sheriff was standing on the porch holding a large manilla envelope. With a knowing smirk, the deputy handed Jerry the envelope and left. Upon opening it, Jerry discovered he had just been served with a restraining order. To his dismay, he realized that he had not only been stripped of all his earthly goods, but by law, he was forbidden to contact his wife or children in any way.

He later learned that his wife had decided to divorce him at about the same time as he had decided to be single. The only difference was that she had given more thought and planning to the matter than had he.

Remember, as I have said earlier, at the level of the Higher Self, there are no secrets because all of the actors on stage have a copy of the entire script and consequently know everyone's script lines at this level.

The Higher Self had executed his decision perfectly and in the most expedient way possible. There was no fuss, no muss and no scenes. As far as endings go, this one was quick, clean and complete.

The fact that I want to point out is that if you are currently in a relationship and decide to end it, make sure that you decide to take everything out of it you feel you deserve. If you are wise, you'll make that decision before you tell your spouse, call an attorney or go to court. If an attorney is required to finalize the divorce decree, make sure you hire one that is capable of doing what needs to be done.

By law, in court cases, all parties are supposed to present their case and abide by the decision of the judge and/or jury. Because of a loophole in the judicial system, there is nothing to do to prevent you from deciding the outcome of the trial before it happens. In interviewing attorneys to represent you, pass on those who are unwilling to make a decision to win. Even though this may be an unorthodox screening device, use it! I can assure you that it will give you a definite advantage. As with all decisions that are made, the Universal Mind has no choice but to execute them.

Chapter 10 *Change Your Decision*

Two's Company; Three's A Crowd

After conducting a "Winning at Romance" workshop several years ago in Winnipeg, Canada, one of the participants, Sarah, who was her mid-thirties, told me that she was unhappily married. During our conversation, she indicated that she wanted to make some changes in many areas of her life, especially her marriage. She said that she had been married sixteen years to Bill, whom she had known most of her life. She and Bill had grown up together. By the time they were teenagers, they were in love with each other. He was everything that a young girl could ask for--an outstanding high-school athlete, handsome and at the top of his class academically. As teenagers they dreamed of marrying and having a beautiful life together.

Soon after Sarah's eighteenth birthday, she and Bill tied the knot. After several years of financial struggle, they created a very successful restaurant supply business. Their life together couldn't have been happier until Bill started drinking heavily and using drugs. His interest in the business had diminished to the point that he could no longer hold up his end of the business. Consequently, the entire responsibility of running their business was forced on Sarah. To make matters worse, his interest in both her and their marriage was practically nonexistent. Finally, he even lost all sexual interest in her and began to blame her for all of his problems.

When she attended my workshop, she told me that she had been miserable since her husband began drinking so heavily five years ago. She hoped that my workshop might provide her with some help for her

problem, as she was ready for some changes. Even though she still was in love with Bill, she had given up hope of ever changing him. She not only wanted to be with a man who would find her desirable, but one with whom she could work. She saw marriage as a joint venture and a working relationship, as hers had been before her husband began to fall apart.

Several weeks after the workshop ended she decided on the type of marriage that she was going to have someday with or without Bill. She then decided on the type of man she desired as a husband. If her husband could meet the qualifications—wonderful! However, if he couldn't --se la vi.

Her criteria for a man was very similar to the characteristics Bill had had during the early years of their marriage, but certainly not what he had become. Since she still loved him, in her heart she secretly was hoping that Bill would be the one. Nevertheless, she didn't exclude the possibility that he could be replaced.

We spent some time talking about and finalizing her decision. I reassured her that if her husband possessed the potential characteristics of becoming her ideal, the possibility of him changing certainly was an option. Soon after our conversation, my tour of Canada ended and I returned to Denver.

Nearly a year had passed before I received a desperate phone call from Sarah. She said that she, indeed, had made the decisions we had discussed and now found herself in an interesting dilemma. She said that after making her decision, Bill angrily announced that he had had it with her and the cold Canadian winters and that he was moving to sunny California. Several days later he was gone and she was heartbroken. Somehow, in the emotionalism of the moment, she had forgotten about her decision.

She told me that about a week after her husband left, a man stopped by her office with the intent to interview for the job as sales manager. He had called for an appointment although she assured him that the position was not available because her husband was manager. (She couldn't bring herself to face the reality he was gone and that she believed he would return soon.) But John persisted in his efforts for an interview and she finally relented and interviewed him for a sales job with the understanding that upon her husband's OK he would be promoted to sales manager. Although he was qualified in every way to hold the position, she felt that she had to put a hold on hiring him until she spoke to her husband whom

she believed was living the party life in Southern California.

The minute he walked into the office, Sarah was struck by the physical similarities between this man, John, and her husband. They both had brown hair and both were six feet two inches tall. Both apparently had the same impeccable taste in clothing and both had an engaging smile. They could have been twins.

Before the interview ended, she realized that there was chemistry between them, a factor Sarah found quite disturbing. When he said he was willing to begin working for her as a salesman, she, nevertheless, hired him on the spot. She desperately needed someone to pick up the slack left by Bill, and John was more than qualified to do so. He formerly had been the sales manager for a company located in Toronto, which carried the same product line as her company. Therefore, it would be unnecessary to train him in product knowledge. She felt as though she had been rescued and that a great burden had been lifted from her shoulders.

Their business relationship rapidly developed, as John was a great salesman who succeeded in making a formidable sales record. Before long, their business relationship also became one of romance. She couldn't help but think about the decision she had made a few months earlier concerning an ideal man. John was exactly what she had ordered. She had everything with him as she had ever had with her husband. Unlike her husband, John was spiritually aware, a factor she considered to be very important. This issue had become a bone of contention in her marriage. Her husband had absolutely no interest in spiritual matters, whereas, Sarah had developed an awareness of that dimension of being human and longed for someone with whom to share her new knowledge.

As time passed, Sarah thought less and less about her husband. For that matter, she told me that she kept hoping that one day she would get a letter from her husband requesting a divorce. Instead, one day she received a phone call from him announcing that he was returning to Canada and had a big surprise for her. This news caused her to spend several sleepless nights before he showed up on her doorstep one cold winter night after dinner.

As excited as a little boy, her husband told her what had happened to him while he was in Southern California. He recounted how after awakening one morning with a killer hangover, he had come to the realization that he had a drinking problem. He said he realized it was pointless and believed he had lost everything. All he felt like doing was

ending his life. Desperate, he said that he called and attended the nearest AA meeting. There he was introduced to the "12 step program." Between therapy and this program, he had a spiritual awakening.

This led to his mind clearing and with his new found spiritual awakening, he realized that he had given up everything because of his dependency on alcohol. He then saw his life from a new perspective, and prayed that it wasn't too late to pick up the pieces and start over. It was this desire that brought him back to Canada.

After he begged Sarah to give him another chance, she decided to give him the opportunity to prove himself. She told him that during his absence, she had promoted John to sales manager. Consequently, he would only be a salesman. Although somewhat humbled, he agreed to go to work for their company as a salesman working under John who assigned him the most northern regions of the country as his sales territory, which, until that time, had remained relatively undeveloped by their company.

As the months passed, he proved himself to be extremely diligent and very successful in producing new business. He, however, always made it a point to fly home every Friday night and spend the weekend with Sarah in order to mend the broken fences in his marriage. Inasmuch as he and Sarah still were married, one thing eventually led to the other and Sarah's "turned-off feelings" for her husband were reawakened. It was this situation which prompted her to call me. Sarah found herself in love equally with both her husband and John and was having one hell of a scheduling problem. She found herself in a win-win situation because both men were exactly what she had ordered. She also felt that she was in a no-win situation because no matter which man she was with, she felt like she was cheating on the other. Although the business was doing very well, she was being torn apart emotionally.

As far as she could discern, her husband had no idea about her involvement with John. However, John was having problems thinking about what was happening between Sarah and her husband on the weekends. He had fallen deeply in love with her and couldn't stand the thought of her in another man's arms. It was one thing when her husband was gone and Sarah had indicated a divorce in the offing; now, however, it was an entirely different situation and John was having many problems playing the game.

Her question to me was which man she should choose since she loved them equally. My advice to her was to decide to be with the one who

was best for her and let her Higher-Self work out the details. This she did while we still were talking on the phone. It was several weeks later before she called again to tell me her dilemma had been resolved.

She went on to say that only few days had lapsed after she made her decision that John broke the news to her that he had been offered a better job with a new company that was going into competition with his former employer in Toronto. Not only was he offered a better job with a substantial increase in salary, but also a vice-presidency in charge of sales. It was an offer he couldn't refuse and one Sarah couldn't meet. She had no choice but to accept his resignation.

Although it was extremely difficult to say farewell to her lover, Sarah realized that her Higher Self had arranged everything in such a way for everyone to save face as, well as, benefit in the process. All of this happened without her taking any direct action. No one had to be confronted with any embarrassing disclosures; no one had to be rejected or put down. Best of all, no one had to suffer needlessly. Shortly thereafter, her husband returned from the northern territories to assume the vacant manager's post and to resume his position as a full time husband and business partner.

One of the main points of this story is that when placing an order for the type of relationship she was going to have someday, Sarah made no compromises. She was completely aware that her decision could result in the end of her marriage but was willing to take that risk. She understood that it was possible for her to have a fulfilling marital relationship with someone; otherwise, she would not have been able to order one.

Remember, it is always available or attainable or you won't decide to have it, do it or be it. Secondly, Sarah accepted the premise that someone fitting her specifications was out there and available to her. In addition, she understood that if her husband lacked the capabilities or abilities to fill her order, he would be extricated from her life. In reviewing her story, that apparently is what happened. Note that her husband remained out of her life until such a time as he came to his senses, kicked his self-destructive habits and became spiritually aware, thereby, meeting all of her conditions.

In this particular case, the timing of events is one of the most noticeable factors. Sarah's decision was made one weekend and her husband was out of her life about a week later. His replacement, John, then appeared on the scene within a week or so after Bill's departure. Everything flowed smoothly. Sarah had no blocks to overcome. Even

when her husband returned to her life, the transition came together with flawless synchronicity.

The timing factor is one component which always must be taken into consideration. This is especially true if one is making a critical life decision, one that will result in major changes. Watch for the synchronicity of events. As I previously explained, you can always expect the first sign that your decision is in the process of being executed within seven to fourteen days after making it.

Once Upon A Time There Was A Princess

When we met, Jan was in her mid-fifties, but looked much younger. She was a striking woman, with the appearance of a real lady. As my grandmother used to say, "breeding tells," and in Jan's case, this was most assuredly true. Obviously, she was a product of wealth and had a presence about her, which could be easily traced to a refined upbringing and a classical education. I assumed that she must have been a product of a prestigious school such as Radcliff or Vassar.

It was clear from both her hairstyle and clothes that she had good taste. There was an unmistakable "Katherine Hepburn" look about her. Even their accents were similar. This was the last woman on Earth I thought would have any problems. Yet, like the rest of us, she, too, had her share of troubles.

The first thing she told me was that she had been the mistress of an extremely wealthy and powerful man for the past thirty years. Theirs was a love affair of which great novels are born. Romantic cruises on his eighty-foot yacht, torrid weekends at his private lodge in the mountains, candlelight dinners in exclusive restaurants, exquisite jewelry, designer outfits and everything that money could buy. And they were all hers. She never had to ask for anything. He always anticipated her every desire. She said that he made her feel more like a woman than any man she ever had known.

Her problem was that her situation had changed. She couldn't understand why he no longer called her. After a long debilitating siege of cancer, his wife finally had died almost a year ago. This was the event for which Jan had long awaited, believing that after his wife's death, they, at last, could be married. But now it wasn't happening, although he had told

countless times that when his wife was gone, he would marry her. The time that they had spent together since his wife's demise was anything but enjoyable. Whereas before he always was a perfect gentleman, kind and considerate, he now had become obnoxious, loud and rude. When he drank too much, which was often, he made a public scene; it was an embarrassment to her. Before, he always had drunk in moderation, but now it was continuous.

Their love life also had gone to hell in a hand basket. She believed this was the result of his prostate surgery for the removal of a cancerous tumor three years previously. In addition, since his wife's death, he had become cold, almost distant, only seeking her company when it wouldn't interfere with his other activities. It was obvious that he had put her on the back burner and slowly was turning down the flame. She couldn't believe that, after thirty years, such a fantastic relationship was slipping away from her. The frustrating part about it was that she could do nothing to save it.

She told me that she only been with three men in her life. This man, her husband who had died three years ago after twenty years of marriage, and her first lover. She had been his mistress for nearly twelve years, but they had stayed in contact with each other for more than thirty years after their affair ended. He swore he had never been with another woman since she left. She admitted to me with pride, that she was a much better mistress than she was a wife.

She wondered what decision she could have made that would have created the life she now was living. Her first lover was an alcoholic who always was in financial trouble, from which she always was bailing him out. When he had money, however, he lavishly spent it on her. They had an emotionally volatile relationship. Everything about it was intense. Every moment was filled with passion, whether it was laughter and joy, or tears and anger.

Her marriage was something else. She married to have a baby, and she did. To her, that seemed to be the only reason to get married. Jan said little more about the marriage except that she loved her son very much. She saw her relationship with him as the most important relationship in her life. By society's standards, it probably was the only normal one she had.

In attempting to discover which decision she made that had determined the present events in her life, I had her to go back and explore her early childhood. I was surprised to discover that she had been sent to a private Catholic boarding school in Canada when she only was four years

old, and remained there until she was eighteen. Hers was an extremely lonely childhood.

Unlike the other girls at the school whose parents visited their daughters, Jan's never did visit her. When she was ten, both her mother and father died within two months of each other. Now she really was alone. The only escape from the loneliness of her life was when she occasionally would be allowed to go to the movies with her classmates or when she visited her aunt during summer vacations. While visiting her aunt, she spent a lot of her time at the movies. A very bright girl, Jan would memorize not only the story, but also the lines of the actors and actresses. Then, when she returned to school, she would perform the movie scenes for her classmates.

She dreamed of becoming a great actress and fantasized every aspect of the movie star's life. Her idol, of course, was Katherine Hepburn. More than any others, she loved the great Spencer Tracy and Katherine Hepburn team. This was in the thirties during the Great Depression, when every love story never ended; they just dissolved into the sunset or into a misty stroll, hand in hand on a lovers' beach.

This was also a time when women were portrayed as always being true to their man, no matter what. In the Hollywood stories of the time, one never saw the leading man and woman marrying. The ending was left to the imagination of the viewer. Love stories were love stories, and stories about marriage were entirely different. Because times were hard financially, marriage usually was portrayed as a struggle. Therefore, the movie marriages reflected that theme.

It was on one sleepless night when she was about sixteen, when her favorite scenes from Hepburn's movies were drifting through her mind, that she made the decision to be exactly like Katherine Hepburn when she grew up.

The moment that she thought of that scene, she knew that she had found the reason for the circumstances of her life. (It is common knowledge that Spencer Tracy and Katherine Hepburn had the longest love affair in Hollywood history. Their devotion to one another was unquestioned.) Not so ironically, Jan's and Kate's life paralleled each other's in nearly every respect, except at one time when Jan was married and had a child.

After realizing the scenario she had created for herself, Jan now could only hope that somehow her long-time lover would come to his

senses long enough to finish their story with a happy ending. I reminded her that in the old days, movies always ended on the note of "and they lived happily ever after."

Since she really did not know what to do with the rest of her life, I suggested that she might pursue her childhood dreams and become an actress. She wouldn't be the first person to make such a decision, or the first person to see her dreams materialize just by making a decision to have them do so.

Even though I have not heard from her since our meeting, I assume that she is fulfilling her dream (and decision) of becoming an actress. The Universe always delivers that which is ordered be it beneficial or detrimental to the person.

Commitment

A common complaint that I hear from women is the apparent unwillingness for men to make any long-lasting commitments to their relationships. The same might be said for many women too. Two people meet, become romantically involved and then one or the other develops a desire for a more committed relationship. Therefore, this person will attempt to elicit a declaration of commitment from the other party which, more often than not, fails, and breaks up the relationship.

One of my students, Alan, voiced his concern about being unable to remain faithful while he was in any relationship. He couldn't remember ever being faithful in any relationship that he had during his entire life. He was about to "throw in the towel" on the entire idea of ever finding a woman with whom he could have an enduring relationship and still be faithful. He was beginning to believe that he had a character flaw, a missing piece, and was considering psychotherapy. He really hated being classified as a "Don Juan" by his friends. Genuinely, he liked women and hated to be the cause of their pain. He always was totally embarrassed, and felt poorly when his infidelities were discovered.

I asked him if he ever decided to have a commitment with someone or ever had consciously decided to find someone with whom he could have a monogamous and faithful relationship. With a surprised look, he said "no." I almost could see the wheels turning in his head as he suddenly became aware of what he had been doing to himself. I reminded him that as far as the Higher Self is concerned, if you don't order, you don't get. It

only took him a moment or two to make a from now on decision to enter only into relationships that were monogamous.

It was almost two years after that workshop when I talked to him again. Before making his decision to be faithful, women always were making moves on him. My contention is that if there is no blood in the water, the piranhas don't bite.

The message is that if you desire to have a committed relationship with someone someday, decide to have that relationship before becoming involved with anyone. If you currently are in a relationship and find that members of the opposite sex always are coming onto you, you might ask yourself if you ever have decided to be faithful to the person with whom you're involved.

It would be impossible for me to count the number of times my clients have come to me in tears over the break-up of a relationship caused by an illicit affair, something which they swore they **never** would let happen to them. As I have said before, it always is much wiser to make a positive decision to be faithful than deciding **not** to cheat on your spouse or lover. Remember negative decisions always are changed into positive ones by the Higher Self.

Chapter 11

Oh Ye of Little Faith

Desperation

This exposé is not about a former student, but rather that of a neighbor of mine. Like many men, Charlie didn't believe in the power of the mind. As a matter of fact, he was convinced that it all was hogwash! Whenever I brought up the subject of how we create our own reality through the decisions we make, he would start humming the music from the "Twilight Zone." Then, invariably he would begin talking about the latest team standings in the NFL or tales about his latest hunting or fishing trip. Once in a while, he would share a few of his fantasies about some "broad" that he had seen at lunch or on a recent skiing trip. I am quite sure that he thought that I had to have a couple of loose screws because I believed that we create our own reality.

Whenever he talked about women, I always got the feeling that he believed they were less human than he was. He always gave me the impression that he believed they were only "good for one thing." As far as he was concerned, they were just sex objects. He even referred to his wife as the "old lady" who spent most of her time nagging him.

He probably was the most negative person that I have ever known and seemed to carry an eternal chip on his shoulder. In Charlie's case, if anything could go wrong, it did. In short, he was a rather miserable human being and a loser. I used to wonder how someone with such a pessimistic outlook on life could continue to breathe.

Understandably, his life story reflected his negative outlook. When he told me that his wife had left him for another man, it was not a big

surprise. Frankly, I wondered why she hadn't called it quits sooner. A short time after his divorce, Charlie quit his job and left town. He decided to start his life over again as a carefree bachelor. It was nearly two years before I unexpectedly bumped into him at a local restaurant. With the exception of adding a few pounds, Charlie hadn't changed much.

He asked if he could join me for lunch so that he could talk to me about "that mind stuff." I nearly choked on my coffee. Sitting down in the chair across from me, he wasted no time in picking my brain about using the Creative Decision Process, especially as it applies to the mating game.

He told me that his new job required him to travel across the United States and into different towns every day or two. As a consequence, there was no time to get to know any women and he hadn't been able to "score" in months. For a guy like Charlie, that was quite an admission. He actually dropped his macho guard. Because of his startling changed attitude, I gave him a quick encapsulated version of how the C.D. Process works. Lunch ended, and he was out of my life once more. I really never expected to hear from him again.

Nevertheless, late one night about two months later, my phone rang. It was Charlie and he wanted to share some exciting news with me. I never had heard him speak so excitedly or enthusiastically about anything before. Although he obviously had had a few drinks, he was coherent enough to give me an update on his love life since our last chance meeting. As I previously said, this was a guy who, to the best of my knowledge, believed in absolutely nothing. He was a real died-in-the-wool skeptic and, yet, here he was relating the story about the dramatic turn around he had been experiencing in his love life.

Charlie admitted that he really didn't believe that the C.D. Process would work, but he had reached a point where he had nothing to lose by trying it. The day before he called me, at about three in the afternoon, he told me he decided to give it a try. Nevertheless, in doing so, he had placed certain conditions, which would seemingly make it impossible for the process to actually work. This is what he told me.

In the course of his job, he said that always stayed at a motel that had both a restaurant and a cocktail lounge on the premises. After checking in, he would shower, get something to eat and have a couple of drinks before hitting the sack. Because his business was down, he didn't go out chasing the women like he used to, because he didn't have much money to spare for "wining and dining."

More out of desperation than out of hope, he decided to find someone to be with at the motel with following restrictions: he decided to follow his normal routine, with the exception that he would take no action in order for anything to happen; i.e. no drinks sent to the lady, no offers to dance, no clever come-on lines etc. He had decided to he was going to put this "mind stuff" to the acid test by remaining totally passive and noncommittal.

He decided that after having dinner, he would go to the bar, order one drink, and wait for the lady of his dreams to find him. Also, he decided all of this was to happen within fifteen minutes after ordering his drink. (You are not supposed to set a time limit.) As if this weren't enough to test the process, he did not shave, and wore a pair of sweats into the lounge of the hotel, which just happened to cater to traveling businessmen. The only thing that Charlie didn't order that night was a stone-age ax.

As he sat on the barstool, Charlie noticed that there were three other single men at the bar all of who were dressed in the customary three-piece business suit. Since he had no trust in the C.D. Process, it didn't matter to him that he might be out-classed by the competition. As far as he was concerned, he was going to wait the allotted fifteen minutes and then call me to gloat over the failure of my process.

While sitting at the bar and gazing straight ahead, he thought the whole idea of finding a woman in this manner was totally ridiculous. While deep in thought, a woman who was touching his left shoulder and asking if anyone was using the barstool next to him startled him. Without smiling or coming on to her in any way, he, rather abruptly, said, "no." Not to be dissuaded, she asked him if she would mind if she sat next to him at the bar. She then explained what she was doing there, and that it was not her practice to talk to strange men in bars.

She told him that she had noticed him because he wasn't wearing a three-piece suit. She also mentioned that she couldn't help but see that he was in a glum mood and felt sorry for him as he sat alone at the bar. She said that several other men had asked her to dance or to buy her a drink, but she had refused because they were not her type. Besides, the only reason that she was there was because her car had stalled a few blocks from the hotel on her way home from a canceled bowling league engagement. Interestingly, her car never had had any previous trouble. Even stranger was the fact that this was the first time she had taken this particular route home. It was almost as if she had gone out of her way to find Charlie.

Because she still was wearing her bowling outfit, she felt somewhat out of place.

According to her, he looked like a kindred spirit and she asked him if he would mind sitting with her until her brother arrived, who got off work at eleven and then would come to take her home. She offered to buy him a drink while they waited.

By this time, Charlie, who was a pretty good "shade tree mechanic" himself, was intrigued with her automotive problem and told her that he would be glad to take a look at it if she wished. She finished her drink quickly and the two of them walked to her car two blocks away.

Charlie had guessed that it was a fuel filter problem and, sure enough, after checking it, it was. To solve the problem, he took it out and threw it away. To her delight, the car ran as good as new. She invited him to jump in so she could drive him back to the motel. She said that she needed to call her brother from the pay phone in the motel lobby. Before doing that, however, she asked Charlie if he would accept a drink as payment for being such a Good Samaritan. By this time, he had begun to see her as a woman rather than a car problem.

Accepting her offer seemed to be the only sane thing to do. At that point he flashed on the fact that she had made the fifteen-minute deadline. He couldn't help but wonder if she was the woman he had ordered.

One drink led to another, and another, until the alcohol started catching up on her, which made Charlie wonder if she was fit to drive. Being the true gentleman that he was, he couldn't help but offer her the use of his motel room until morning. He assured her that she would be perfectible safe as there were two full sized beds in his room. She gladly accepted his offer and they turned in for the night. (One of the stipulations in Charlie's decision was that he would do nothing to initiate a sexual encounter. The lady would have to lead and he would follow.) Once they were in the room for the night, she suggested that they get to know each other better, and that they did in a blur of passion.

When Charlie called me, he still was flabbergasted that the C.D. Process worked so well. In addition to the fact that he was inappropriately dressed for girl chasing, as well as being downright rude to her when she approached him, he had made no moves on her, opting, instead, to let her call the shots. Even his half-hearted offer to work in her car was intended to stall her. He said that he was totally astounded when she suggested that she would like to spend the night with him.

Later that night, he couldn't help but notice when they got to know each other better she said he was exactly what she had ordered. After several months of celibacy following her divorce, she told Charlie that she had decided to find someone exactly like him to alleviate her loneliness. She decided to have someone unknown in her social circle with whom she could be wholly uninhibited and would make no demands on her after their liaison

Charlie said that he wondered who ordered whom. Had she ordered him before he ordered her? The only answer that I could give him was that whoever does the ordering can be rest assured that the answering party is available for what ever type of event one might specify; otherwise, it will never occur to the ordering party in the first place. Obviously, they were both available to fill one another's order, and the Higher Self of each did the rest.

Charlie now was a true believer, and felt that I should know it. Over the next several weeks, he continued to call me periodically. Although he had eased up on his self-imposed restrictions, the end result always was the same. Eventually his calls ceased. I only can assume that Charlie either succumbed to exhaustion or some poor woman decided to take him off the singles market.

I included this story because it illustrates how a person's obvious resistance and disbelief has no particular effect on the effectiveness of the process. Because of the current health hazards of one-night stands, I must advise you not to use this process unless you make sure to decide to stay healthy and only to become involved with healthy people.

Let me recap his decisions. Charlie decided to spend the night with a desirable woman without going out of his way to meet her. Although he didn't decide what her actions would be, it was implicit that the lady would have to make the necessary moves, inasmuch as he had no intention of making them.

He also decided on the amount of time for this action to happen, which I do not recommend. In his case, however, it worked out well. He, in effect, had decided to play the role of Romeo. Therefore, it was imperative that in order for him to do so, some hapless young woman had to volunteer to play the role of Juliet. Because of his disbelief in the Process, Charlie didn't interfere with the way in which the Higher Self would execute his decision. He just let it happen without any thought of the means to the end, or about the odds against his decision actually being

executed. The Higher Self executed his order without any assistance from him.

As I have stated previously, it is my belief that when anyone makes an important decision, he/she is often reluctant to release control over how the decision is going to be executed. This is because he/she has such an invested interest in the outcome. This can slow and greatly interfere with the Higher Self's natural process of filling the order as submitted. Therefore, it is most crucial for the person to release control over how the decision will be executed in order for the decision to be brought about in the most proficient.

One In A Million

Paul had been out of a long-term relationship for about a year before he placed his order for someone new in his life. Since the termination of that relationship, he had been totally absorbed in his work. This, of course, left no time for the development of, or becoming involved in a new relationship. He had recognized that he needed time to heal from the hurt he had suffered when he and his fiancé called it quits. In his early forties, he felt that he wasn't quite ready for the bone pile, but, on the other hand, wasn't quite ready to share his life with another woman.

Then, while having some drinks with friends one Sunday evening, the subject of relationships came up. Everyone agreed that it now was time for him to find somebody new. A couple of his friends' wives told him that good men were hard to find, and that his self-imposed seclusion was a sinful waste.

As Paul was going to sleep that night, he thought about what everyone had said, and concluded that a non-serious love affair might be in order. To himself, he acknowledged that he wasn't quite ready to become permanently celibate.

While taking a shower the next morning, he decided to stipulate the type of relationship he would like to have someday. First, it would have to be a short six-month love affair with someone who had the potential of developing a lasting friendship. It also would have to be a relationship in which he could be himself, an affair with "no strings attached," and with no expectations by either party for anything more than that. Above all, it also would have to be a relationship based upon honesty and mutual desire, a relationship formed by two consenting adults.

However, the thought that some woman would be willing to have such an unconditional relationship with him, was, in his mind, somewhat far-fetched. He knew from experience that most women are not inclined to enter a relationship for a specified period of time, and would insist on more of a commitment.

Like most men, besides desiring a precise type of relationship, Paul also had definite physical preferences and itemized them before placing his order. He also listed the personality characteristics he desired in a woman. She had to have a pleasant personality, be easy to get along with and have a good sense of humor. She had to be self-sustaining and be her own person because he didn't want a clinging vine type. Her personal freedom had to mean as much to her as did his to him. They had to have mutual respect and she had to be someone with whom he could communicate. In addition, she had to be emotionally unencumbered. Above all, she had to be honest.

As he was thinking about what he had requisitioned, he thought that he might be placing an order for something impossible to obtain. Then, as he was smiling to himself, he thought "why not go for broke?" and indulged himself in a few more of his pet fantasizes."

While watching a television interview program a few weeks earlier, he became intrigued with a guest on the show who had a London accent, and so he decided that the woman he was ordering also must have a British accent, as well as being Caucasian, although having the features of an Eurasian. In his mind, Eurasian women were the most exotic creatures on the planet. It wasn't that he was prejudiced, but he could see no point in having a relationship with someone out of his race. "Why not have the best of both worlds?" he thought to himself.

Furthermore, Paul decided that he would only go up to twelve feet out of his normal way to accept delivery. He felt this would be the screening device. If the lady in question presented herself within that twelve foot radius of wherever he happened to be when they initially met, he then would know that she probably be the one he ordered, and he would proceed accordingly.

Feeling he had nothing to lose, he placed his order and shook his head in disbelief at what he had just done. But having taken my workshop a few months earlier, he figured he might as well go for the complete package. He then let it go and stepped out of the shower still laughing to himself at the absurdity of his decision, and decided to sit back to wait for

his order to be filled. He, nevertheless, still had his doubts.

As Paul began to dry himself on his way to his bedroom, the phone rang as he was passing by it. To his surprise, the lady on the other end of the line had a soft British accent and was asking him if he had a few minutes to talk. Quickly, he said, "sure" and asked, "What could he do for her?"

She said that she attended a management seminar where he had been a guest speaker several months earlier. For some reason, she couldn't get him out of her mind. She assured Paul that this was not a business call, but, rather, a personal one. Without hesitation, she got right to the point. Now being more amazed than ever, and wondering where this call was going, Paul said, "Ask away."

First she asked if he were romantically involved with anyone at the moment. After getting a "no" from him, she proceeded by asking him how long had it been since he was in a romantic relationship? "About eighteen months," he replied. The third question she asked was, would he be open to a personal relationship with the right woman? His answer was "yes."

At this point, Paul couldn't help but flash back on the fantasy lady he had ordered while taking a shower. He couldn't help but wonder if this might be the lady of his dreams. Just then, the lady on the other end of the phone line asked him if he would be willing to join her for a drink at 6:00 the next evening at a well-known local nightclub-restaurant. This last question caught him off guard and he hesitated to answer as he mentally processed everything that had transpired in the last few moments. His caller interpreted his hesitancy to answer her question as resistance and simply asked him what had he to lose, especially since she was buying the drinks.

Feeling somewhat like a deer caught in the headlights, he awkwardly agreed to accept her invitation. He then asked her how he would recognize her. She said that she would save what she looked like as a surprise. With that, the call ended. He was left wondering what he had gotten himself into. He quickly recalled the specifications of his order. Honesty-- and this woman certainly was that. It was clear she wasn't playing any games and it sounded like she had her act together. And she did have a British accent. He wondered if she looked Eurasian as he noted that the phone rang when he was a few feet from it. To say the least, the synchronicity of the events "blew him away."

The next evening, Paul arrived at the appointed restaurant a few

minutes before six. He thought if she was "double ugly," he could disappear under the rug and make some appropriate excuse for missing their appointment. Within a few minutes a lady walked toward him and he realized that she must be the lady that he ordered. Her appearance was exactly as ordered. He could not believe his eyes!

After ordering their drinks, for which he insisted to pay, she got right to the point. She told Paul that she was not interested in a long-term relationship, but rather one that would only last six months. She had already committed herself to return to London to check out the possibility of marriage to an old boyfriend, who had expressed enough interest in her to send her a round-trip ticket. She made it clear that she would follow with commitment regardless of what might transpire between the two of them in the next six months. He assured her that he would not interfere with her previous plans. He couldn't believe what he was hearing. It was as though she had been listening to his order while he showered. Drinks led to dinner, dancing, and, as ordered, to romance. "Did she look Eurasian?" "Yes, of course." "Was she Caucasian?" "Without a doubt, yes."

Their affair ended with her departure six months later. At that time, both agreed they would depart as friends, and each go on with their respective lives. She returned to Dallas about a year later, and they re-established their relationship. Neither had any intention to renew their love affair. Over the past ten years, they have remained friends.

Again, there is the question of who ordered whom. Laughingly, they debated this question throughout their relationship. Although their affair only lasted six months to the day, it, nevertheless, was reciprocal, candid and honest, just what both parties had decided to have.

Chapter 12

Blocks! Blocks! Blocks!

Pay Attention

Cheryl, who was in her mid-forties, had been married and divorced three times by the time she attended my "Winning at Romance" workshop. Her three grown children were living near their father on the East Coast, and her two youngest, a boy, seven, and a girl, ten, were living with her. During the summer, they visited their fathers. As a professional woman, her life was in fairly good order, except for one thing. She desperately wanted to get married again, this time for keeps.

After attending the workshop, she called me several times as she continued to refine her list of specifications of the type of man she desired. She finally considered that her list was complete and, to me, it seemed to have all features necessary for a happy relationship. She had decided that he would be a business or professional man, be religious, physically attractive, loyal, someone with whom she could communicate, etc. We both felt good about her list of qualifications.

It wasn't long after placing her order that she called me to say that she believed she had found "Mr. Right." She was in the real estate business, and he was a landscape architect working on several projects for her firm. She told me that the minute she saw him, she knew he must be the man that she had decided to have in her life. According to Cheryl, Steve was everything she had ordered. He was a gifted professional, was a deacon in the church and expressed himself well. However, she knew little more about him because he had just moved into town and still was establishing his business.

As time passed, I continued to receive update phone calls from Cheryl as her relationship with Steve developed. After becoming emotionally involved with him, to her chagrin, she discovered that he was married to a woman who had multiple sclerosis. Because of her illness and obesity, she was confined to a wheelchair. In spite of these "red flags," Joanne persisted in pursuing the relationship.

After twenty years of marriage, Steve felt he couldn't bring himself to divorce his wife, in spite of his love for Cheryl. Since loyalty was high on her priority list, Cheryl couldn't help but admire him for standing by his wife all those years. On the other hand, she could not stop feeling about him the way she did.

Before long, she found herself inexorably bound to Steve. Professionally, they worked closely together and often had dinner meetings and late night appointments. Although she always had sworn that she would never become involved with a married man, they eventually became lovers. To make matters worse, Cheryl couldn't bring herself to pressure Steve to leave his wife. She didn't want to feel responsible for being the cause of breaking up his marriage. Steve assured Cheryl that he always had been faithful and loyal to his wife before he met her. Cheryl, of course, believed him.

After almost a year, their clandestine liaison ended abruptly when, through a fluke, his wife discovered their affair, and demanded an immediate divorce. The price Jason paid for his freedom was almost everything he owned. All he had left was his business.

Before his divorce was final, Cheryl and Steve were encountering one frustrating event after another. Finding time to be together was always difficult because Steve's wife needed constant care. Her medical expenses were astronomical, and he was on the brink of bankruptcy. Cheryl found herself supplementing his income. To make matters more difficult, both of his teen-aged children were always in trouble. Although she disapproved of their behavior, she dared not say anything in fear he might end their relationship.

Then to make sure the relationship would last, she gave up or changed any habits of which he did not approve. She converted to his religion and altered her political beliefs to please him. She changed her tastes in clothing to suit him and began to raise her two children by his standards. All the while, she continued to rationalize the reasons why it was necessary for these compromises. Actually, he never insisted that she

had to change, but rather would imply that it would benefit her to make the changes. He was the master manipulator.

When he was finally free to marry her two years later, Cheryl had transformed herself into what she thought Steve wanted in a wife. He, however, remained the same because, after all, he was exactly what she ordered. The first thing he did after they were married was to remodel her house to suit his tastes. Because of Cheryl's desire to please her husband, she went along with his program although her tastes did not coincide with his.

As time passed, she noticed a growing distance between herself and her own daughter, who was becoming unmanageable and hostile. Cheryl attributed these changes to the normal hormonal changes that accompanied puberty. Finally, after her daughter told her that Steve had touched her inappropriately, she recognized the symptoms of molestation. After a bitter court fight, and a disastrous property settlement, Cheryl, at last, became free of him.

In retrospect, all of the signs of this misadventure were present early in their relationship. Now that she was no longer emotionally involved with him, these signs were easy for her to see. She could see her Higher Self had been attempting to prevent the relationship, as well as make her become aware of the glaring deficiencies of her initial order. In the first place, she had vowed that she never would become involved with a married man. After meeting Steve, however, she closed all other options, and failed to pay attention to the negative feedback. She again compromised herself when she changed herself in order to make the pieces fit. Although several times I had suggested to her that Steve might not be the person she ordered, she ignored my warnings.

The moral of this story is that if you have to compromise your values, rationalize your relationship, or force the pieces to fit, get out of it immediately. Listen up! Even though at first you believe that the person has all of the traits you ordered, pay attention to any and all obstacles you encounter which apparently are blocking you from attaining your goal.

I realize that it is a common belief that obstacles will strengthen the person once they are overcome. It is a mistaken notion when these blocks are to be looked upon as merely opportunities for growth. I can assure you that you'll know when the right item has been delivered. The delivery process always occurs smoothly and effortlessly without even minimal action on your part.

It's similar to buying a pair of shoes. If you have to curl your toes up in order to slip on the shoes, or they hurt your feet, they obviously are the wrong size. But these basic rules, too often, are overlooked in matters of the heart. In buying a pair of shoes, most people have learned that if one store doesn't have their size in stock, another will. In the same manner, The Universal Mind also has adequate supplies to fill all orders.

I've noticed that women are no longer willing to compromise their principles in order to succeed in a career. They have prepared themselves as professionals, and expect to be treated as such. When it comes to relationships, however, many women slip back into their antiquated behavioral patterns.

In their careers they are fearless in applying the C.D. process. They make up their minds about what they are going to do, and the Fates conspire to carry out their orders. Their mistake is assuming that there is a difference between deciding to get a top job and getting the man they desire. The Decision-Making process works exactly the same in both applications.

More Blocks

Let me further illustrate how to recognize blocks. Sherrie and Phil became emotionally involved with each other, but because each was committed to other people, they never had been able to get together except for one fleeting encounter, which left them both yearning for more. It was nearly a year later before they were able to get together again. They mutually agreed that it would be a long weekend of lust.

But when the appointed date arrived, everything went wrong that could go wrong. Regardless of the fact that each had scheduled their career commitments around the designated weekend, last minute emergencies arose, which neither could prevent. Friday and Saturday were lost causes. Finally Sunday arrived and both were anticipating being together.

The blocks continued. First, Phil was unable to get his car started. This he remedied by borrowing a car from his friend. Then it began to snow, a real blizzard. By the time he was ready to leave, not only had the borrowed car been buried under a foot of snow, but an equally large snowdrift blocked the entrance of his condo. Obviously, he was going nowhere.

Not to be deterred, Phil quickly phoned Sherrie in the hope that she

would be able to drive the fifty or so miles to his place. She agreed to make the trip and he settled back in anticipation, as he anxiously awaited her arrival. Then about fifteen minutes later the phone rang. It was Sherrie. She told Phil that the Highway Patrol had closed the road between her house and his. There absolutely was no way for her to get there.

Disappointed, frustrated and angry at the turn of events, Phil tried to figure out why this was happening to them. The two of them had decided to get together that weekend. His faith in the C.D. Process was, to say the least, shattered. It was several months later before he discovered why they were unable to spend that weekend with each other.

Sherrie called to tell him that she had been quite ill with what appeared to be a highly contagious virus that left her totally debilitated, and without energy for months. The doctor said that it was a bad case of hepatitis. She discovered she had it just a few days after their aborted liaison. She assured him that if they had met that weekend, he would most certainly have contracted the disease.

It was only then that Phil remembered making the decision to become romantically involved with healthy women only. At the same time, he also decided to remain healthy. It appears that it was these decisions that the Higher Self was executing by creating whatever blocks were necessary to thwart their tryst. I am not saying that the Higher Self created the blizzard, but as I previously have stated, the Higher Self knows everything that is known to anyone on the planet, including long-range weather forecasts. You may believe that this is a little far-fetched; nevertheless, stranger things have happened to people when they have used the C.D. Process to fulfill their dreams.

The Most Traveled Path to Disaster

You've been alone for months, and you are sick and tired of spending every night and every weekend alone. How many books can you read, and how many television programs can you watch? How many times can you go to the art museum or the movies alone? Your life is in gridlock, and you have decided to do something about it, but what? You are afraid. You don't want to contract AIDS or some other STD, and your girlfriends tell you about one romantic horror after another. It appears that married

men are on the make, and that's not to mention the weirdos! What are the odds of your finding someone worthwhile to be with? The statistics are anything but encouraging. You are getting older and you don't want to spend the rest of your life alone. So you decide to have a relationship with a perfect man.

A few days later, an engineer begins to work for the company where you are employed. He looks like a nice guy, warmer and friendlier than most of the other men that you know. In passing, you notice that he is not wearing a wedding ring and assume he is not married. Then you begin to wonder how you can be introduced to him. You make a note when he takes his coffee break and synchronize your breaks with his.

You notice that a male friend of yours has befriended him, and through him you arrange to be introduced. You then begin to make a point to be on the same elevator at both lunch and the end of the day. You find all sorts of ways to place yourself within a six-foot radius of him. You know that it would be impossible for him to ignore you at that distance. Through casual eye contact, you let him know that you notice him. You say "hello" whenever you have the opportunity. Unilaterally, you arbitrarily have decided that this is the man of your life.

Through your friend, you discover that he fancies himself an artist, and loves to play tennis. Although until now you have had no interest in either endeavor, you enroll in an art appreciation class at the local adult school and begin to take tennis lessons with a tennis pro. Also, you assume that these casual contacts will lead to a meaningful relationship and don't want to be caught short.

After a few weeks, you are ready to have a more personal relationship with "Mr. Right." Your eye contact is more direct and he responds. Whenever possible, you make it a point to get physically closer to him. It is easy to get within three feet of him, especially on the elevator and in lines at the employee's cafeteria.

It isn't long before he is inviting you to join him at his table for lunch. During these meetings, you tell him that, although you are only a beginner, you love the game of tennis, but could use a few pointers to improve your serve. Also, you cleverly begin to discuss art, commenting on the work of a few old masters as well as the work of the more contemporary artists. He mentions how rare it is to find someone who is so knowledgeable. In the meantime, you notice that he relaxes markedly when you are discussing art or tennis. In the meantime, you have

maneuvered him to talk about his field of engineering.

Last but not least, to get this developing relationship from casual to a more personal one, you invite him to come with you to a traveling art exhibit sponsored by the local university because your girlfriend couldn't make it and it would be a shame to waste the ticket.

Does this scenario sound familiar to you? Have you previously played this song or one of its variations? Admittedly, sometimes it has a happy ending, but more often than not, I think you'll have to admit it usually is a prelude to romantic disaster. You may have become emotionally involved, but in your heart of hearts, you always knew all events were contrived to trap him, and how could you respect anyone that so could be had so easily?

Besides, you really weren't too much into either art or tennis and you couldn't care less about engineering. To make matters even worse, after you get to know him better, you realize that he had very fixed opinions and habits, some of which definitely ran against your grain. It soon becomes clear that if any changes were to be made, it would be you who would have to make them.

Unfortunately, by now, he has convinced himself that you are the woman of his dreams. The problem is that he doesn't know you. All he knows is the illusion that you have projected. You now find yourself a prisoner of your own creation. This is not what you planned. You now have realized that you cannot turn him into your image and likeness of the man you desire.

Obviously he lacks the capacity to become what you have decided that he become in order to fit your illusion of him. "How," you ask yourself, "can I find a way out of this mess without shattering his illusions about me and hurting him too much?" And you wonder how you got yourself in this situation in the first place. By now the relationship had taken on a life of its own, a life over which neither of you seems to have much control.

As frustrating as it may be, you hate to end it, if for no other reason than you would be alone again. And that thought is a terrifying prospect. You believe that you should stick it out and that it somehow will develop into the type of relationship you dreamed of having in the first place.

My hope is that you see the futility of what is happening in this example. My grandmother used to say, "A slow sickness is a sure death." I've found that this saying can be applied to nearly every situation,

including relationships. There comes a time when we all must confront ourselves and admit we've made a mistake and that Robert Burns was right when he said, "The best laid plans of mice and men oft go astray, and leave us not but grief and pain for a promised joy."

Sadly, the above drama is reenacted many thousands of times daily throughout the world. The final act ends with tears running down the cheeks of the players rather than the anticipated joyful sighs.

The moral of this anecdote is, of course, to decide on the type of relationship you are going to have someday with somebody, and then decide exactly the type of somebody you are going to find to co-star in that relationship. The heroine of the above narrative put the cart before the horse, opening herself to the need to have a relationship. She never really clearly stipulated the type of relationship she was willing to have. The only thing she specified was that she wanted someone to fill her lonely nights, after which, she went about looking for a male to fill that void, like a deer hunter goes after a buck.

She selected her target and proceeded to contrive all sorts of events in order to put herself in the right position for the "kill." Never once did she allow any free flow to take place. Moreover, she limited her options to one man, and proceeded to adapt herself to fit what she thought he would find desirable. She became a "victim" of her own decision to make him hers. In other words, she violated most of the "rules" of the C.D. Process

She failed to specify the type of relationship and the type of man she was going to have someday. She picked a specific person and decided to have him. Then, she mistakenly decided to change herself into the person in which she thought he'd be interested. Lastly, she wouldn't let go of the decision, always contriving to make things happen. All too often, both men and women make these fatal mistakes when deciding to find someone with whom they think they will be happy.

Chapter 13

Have Everything You Desire

The Little Violinist

This is one of my favorite stories because it illustrates how the Creative Decision Process not only applies to one's love life, but to many other areas as well. It all began on a cold, windy mid-November evening. I was teaching an expanded version of my "Winning at Romance" workshop that included other applications for the Process, although the main focus concerned relationships. This particular workshop met for three hours on four consecutive Thursday nights.

As the participants were entering the room and seating themselves, I couldn't help but notice one woman who looked totally out-of-place. She was wearing what appeared to be reject clothing from the local thrift store, none of which fit her very well. Her stooped shoulders spoke volumes about how she felt about herself and, since she wasn't wearing a coat, the heavy sweater she was wearing, was sopping wet and dripping on the floor. Her hair looked as though it hadn't been brushed or combed for at least a month and her skin tone was that of a person who hadn't eaten properly for a long time. Although this was before the era of bag ladies, this young lady certainly would have qualified as one. The only thing missing was a shopping cart.

She proceeded to seat herself in the back of the room and said nothing during the entire evening. She had no questions, no glimmer of understanding and no sign that she even heard the lecture. She just was there.

After the class, however, she timidly approached me and told me

her name was Jenny. She proceeded to ask me if the C.D. process really could create anything she desired. I told her, to the best of my knowledge, it could. I added that in future classes I would discuss how many of my former students had successfully used it to enhance their lives in many areas.

She then told me that she was a serious student of the violin and that her present violin was inadequate because her abilities exceeded its capabilities. Her dream was to own a concert-quality violin someday. She hastily added, that she, nevertheless, had no money with which to purchase such an instrument. She asked if I thought she could use the C.D. process to somehow manifest one. Of course, I said she could. I assured her that many people had used it to accomplish seemingly more impossible goals than that.

My assuring words seemed to help her. I noticed that she stood a little straighter and there now was an "aliveness" in her walk as she left the classroom. As it was still drizzling, I wondered if she lived close-by, hoping that she wouldn't catch pneumonia on her way home.

Many of my students were already enthusiastic as they seated themselves at the following Thursday's workshop. Everyone was excited about using the process and was wondering what was on that night's agenda. Everyone, that is, except Jenny, the little violinist. After seeing her the first time, I couldn't believe that she could look worse, but she did. She obviously was upset and looked as though she had been crying. Nevertheless, she once again, had nothing to share with the class. In spite of that, as before, she approached me after the other participants had gone. She said that she didn't want to share what happened to her because she feared her story would put a damper on the class.

She got right to the point. She said that after leaving the previous class, she, indeed, had decided to somehow obtain a concert quality violin but now was regretting her decision. She told me that the violin she had been using was one that had been lent to her by her violin teacher. Then today, a few hours before class, her teacher told her that she would have to return it because she needed to lend it to her niece who had just begun to take violin lessons. Since music was her life, Jenny was devastated. She not only didn't have a concert violin, but now was without any violin. That was the reason that she had been crying.

She said that she was beginning to wonder about the validity of the C.D. process. I reassured her, as best I could, that somehow, everything

would be all right. I'm sure my words of encouragement fell on deaf ears. Despair marked her footsteps as she shuffled from the room. As I was contemplating her situation, I almost could hear Jenny thinking that it was easy for me to be reassuring since I wasn't the one who had my violin repossessed. I couldn't help but wonder how her Higher Self was going to handle this problem.

From my experience in other cases, the Higher Self sees to it that whatever is blocking the execution of the decision will be removed. In Jenny's case, it was the violin. I hoped that its loss only was a temporary setback created by the Higher Self to make room for the one that was ordered. The creative process is similar to the one we experience on the physical plane as children. When we are about six years old or so, we begin to lose our baby teeth that already have served their purpose. In order for our new teeth to erupt, the baby teeth must go.

The next class began as usual, except Jenny was absent. Her seat was noticeably empty. Although I fought it, images of her lifeless form continued to creep into my mind as the class began. I was very concerned thinking that she may have committed suicide, because I often have found that when people have no reason to live, they pull the plug. That certainly was what she had implied she might do when I last saw her. No one else in the class even noticed she was not present.

During the following week, I tried to call her on several occasions, but there was no answer. I was worried sick wondering what might have happened to her. At last, the final Thursday of the class arrived. I anxiously waited to see if the little violinist would be there and I arrived about thirty minutes early in order to prepare for the class. To both my surprise and delight, Jenny was waiting for me. I hardly recognized her. I couldn't believe that the woman standing before me was the same dreary, wretched looking little violinist who had attended the first two classes. Before my eyes was a very attractive young woman who was the living example of the lowly caterpillar that changed into a beautiful butterfly.

She was wearing a smart-looking outfit, and her hair was neatly styled. Her complexion looked as if she had spent several hours under the tender care of a European facialist. Best of all, her eyes sparkled with a new enthusiasm for life. I don't believe I ever have been happier in my life to see someone. She seemed happy to see me, also. She told me she could hardly wait for the other students to arrive so she could share her story about what had happened to her during the past two weeks. Frankly, I was

dying of curiosity. I always teach my students to look for the first signs of the decision being executed within twenty-one days, although they usually appear within seven to fourteen days. And in less than four weeks, standing before me was a miracle. This is the scenario about what occurred after the second class.

She told the class that the day after "losing" her violin, she decided to somehow get another one. Since she had no money, the only thing that she could think of was to either sell or pawn her component stereo system, which was the only thing of value she owned. After gathering the pieces and putting them in two pillowcases, she struggled to the nearest bus stop about a block away.

Then, while waiting for the bus to arrive, she was almost knocked over by a young man who was not paying any attention to where he was going. On impact, she dropped the pillowcases, and the stereo parts scattered over the sidewalk. Fortunately, none of the parts were damaged and the two of them were able to retrieve them.

After the trauma of the moment had ended, they recognized each other simultaneously. They had met casually at a gathering about a year or so earlier. At that time, both were romantically involved with other people, and paid little attention to one another. Now, however, he was reacting to meeting her again as though she were a long-lost friend. While apologizing for his clumsiness, he insisted that she join him for a cup of coffee.

For some inexplicable reason, he seemed to be quite interested in what she had been doing with her life over the past year. While sipping her coffee, she shared her tragic scenario about her violin and her hope that trading or selling her stereo would enable her to get another.

This led to a proposition from Jonathan. As it happened, he had plans to spend the weekend with a friend who owned a condo in Aspen, so he invited Jenny to join him. She declined because she barely knew him and certainly was in no mood for romance. Besides, she had nothing appropriate to wear.

He countered with an offer, which was too good to refuse. First of all, he told her that his invitation had "no sexual strings attached." Not only that, he offered to buy her a couple of new outfits for the Aspen trip if she would accept his offer. "What the hell?", she thought. "What do I have to lose?"

After stashing her stereo in the trunk of his new Mercedes, they

went shopping at a well-known department store where he offered to buy her whatever she felt she needed for her weekend adventure. All the time, she couldn't believe this was happening to her. It was almost too good to be true.

Later that day, upon arriving at the condo in Aspen, they found his friend, Bob, sitting dejectedly on the couch. He soon told them that his live-in girlfriend had packed up and left him the previous evening.

When Bob was finally able to talk about something other than his emotional pain, he asked Jenny what she did for a living. She told him that she was a waitress in a little café, but was studying to be a classical violinist. Bob looked shocked. For some reason, he began to ask her all sorts of questions about her musical background. Their conversation seemed to get his mind off his emotional problems.

A few glasses of wine later, he went into his bedroom and quickly returned with a classical quality violin in his hand, which he gave to her. Up until that moment she only had dreamed of playing such an instrument, but now it was happening. She found herself playing one request after another. With tears in his eyes, Bob told her how the violin happened to be in his bedroom.

Like Jenny, his ex-girlfriend was a classical violinist, and the violin was a gift to her from him. At the time she left, however, she was very angry and suggested that he destroy the violin, which he found impossible to do. She further had told him that she wanted nothing more to do with either him or his lousy violin. Jenny completely understood how he felt, but was totally unprepared for what happened next.

While Jonathan was trying his best to find appropriate words to console his buddy, Bob abruptly and quite unexpectedly offered Jenny the violin as a gift. He told her that if she liked it she could have it, saying the violin now only reminded him of his shattered dreams. To her amazement, Jenny now was the proud owner of an almost new concert quality violin. As sometimes happens on cold winter nights in ski resorts, Jenny and her companion became better acquainted than either had planned. If there is anything such as "love at first sight," they seemed to be a good example of it.

During the days that followed her weekend excursion, Jenny was delighted to discover they shared more things in common than a romantic interest in each other. Music also was important to him. While working on his doctorate in music, he had recently accepted a teaching position at

the local college teaching music theory.

By the time Jenny arrived at the last meeting of the romance workshop, she and Jonathan were living together at his place, which was much nicer than her cheap walk-up studio apartment. She assured me she couldn't be happier and her entire demeanor was proof of that.

She told me that she not only decided someday to have a concert quality violin but also had decided to find a teacher of music theory, someone who would be willing to accept her dedication to music, someone who would understand how important music was to her. All of her decisions had been executed within a couple of weeks from the time she made them.

As promised, she received the first sign of her order being filled within seven days with the loss of her violin. After that, things began to snowball. The timing couldn't have been better. Delightedly, she shared her experiences with the class, most of whom were receiving results from their decisions, but none as dramatic or phenomenal as hers.

I believe that within each of us, there is a little violinist longing for its secret dreams to be fulfilled. Unfortunately, like Jenny, most of us are afraid to believe that they ever will be manifest. This is because we have been conditioned to look at the dark side of life, to believe that disappointment is something we should accept and to believe that we are powerless to change our lives for the better. We have been programmed to decide that life is hard and that nothing ever happens the way we desire it to happen. We also have been conditioned to focus our attention on every apparent circumstance that logically will prevent us from having our dreams fulfilled.

In Jenny's case, she really had nothing to lose except a borrowed violin, which she herself had said, had outlived its usefulness. Interestingly, that night, she confessed to the class that at the time she made her decisions which since had transformed her life, she absolutely did NOT believe anything would really happen. Obviously, her lack of belief stopped nothing. The decisions were executed just as she had made them. Also, she told me that Jonathan had made a decision to find someone who would reciprocate his love and support his interest in music about the same time she had made her decisions.

Jenny's tale is a classic example of synchronicity in action. Everyone was at the right place at the right time without any conscious effort on his or her part. Think, for a moment, about the mathematical

probabilities that are involved to bring about events described. I'm afraid you'd blow out your calculator if you'd try to compute the odds of such things happening to young woman, especially that one. One might look at the drama and call it a miracle.

It is very important to note that it absolutely had happened in a way that neither Jenny nor Jonathan expected or planned. Everything that had occurred that month was beyond their wildest dreams. In addition, she was able to keep her stereo. The only two things she "lost" was the old violin, which she had already outgrown, and her unhappiness.

Although the events in Jenny's life go far beyond "finding a soulmate," I thought it would be worth sharing with you because it typifies some of the many other ways the C.D. Process can be used.

Never Too Late

Perhaps, at this point many of you may feel it is too late to have a fulfilling relationship with someone you truly love. This last account on how the Creative Decision process works is proof that decisions you make always are active and in place until you change them. Decisions made for the future may be in "cold storage" because the timing always has to be perfect in order for them to be executed. Also, you will realize that age has nothing to do with the outcome of the decision. I previously mentioned that most decisions that shape our lives are made when we are in our early teens, but any decision we make at any time is just as important.

Part of this story began when Mark was in his early thirties, and was living in New York City. At that time, he was going through his third divorce and was rather disillusioned about love and relationships. For that reason, he said that he would **never** marry again, because being "foot loose and fancy free" was better than being in a dead-end relationship. Because of his attitude, some of his close friends were concerned about him.

One, in particular, kidded him about growing old and being alone. To her, he said that when the time came, he "would find some old retired nurse to push him around in his wheelchair." (That was an "off the cuff" half-hearted decision but, nevertheless, a decision.) He gave no further thought to it for the next thirty years.

It wasn't until he was in a wheel chair and, Vickie, who just happened to be a retired nurse, was pushing him down the hospital hall for

a doctor's appointment that he suddenly remembered what he had said. As his age-old decision flashed through his mind, he blurt out, "Well I'll be damned!"

Now you may wonder how Vickie came into Mark's life at exactly the "right" time and the "right" place. To discover that, I have to go back almost forty years. At this time Vickie was just twenty-one years old and recently passed the exam to become a registered nurse. She was a staff nurse in a large San Francisco hospital. One day, she and her friend, Norma, decided that it would be fun to go see the gypsy fortuneteller they had heard about who had her business near Fisherman's Wharf.

As the gypsy was holding Vickie's hand, she told her that she would marry soon, and described her future husband's appearance, job, city where he lived and where she would meet him. In addition, the gypsy described the person who would introduce them.

Furthermore, she told Vickie that she would have three children, describing each of them in minute detail. Lastly, she mentioned that she would get a divorce from her husband "late" in her life. To that, Vickie told the gypsy that she would **never** get a divorce once she married.

Over lunch that day, she and Norma discussed what the gypsy had told each of them. Both had a good laugh and quickly forgot about it. "Coincidentally," it was less than a year later that Vickie met Tom. He fit the description the gypsy described and was introduced to her through an old acquaintance that, by chance, also fit the description the gypsy had given her. Within the year they were married.

Even more astounding, Vickie had three children in the following seven years, each fitting the description the gypsy had "seen." For the next thirty-three years, Vickie and Tom went about raising their children, working, and doing all things married couples do that have children. Vickie gave no further thought to the gypsy.

After the children had all left home and were themselves, married with families, Vickie retired. By this time, her husband had been retired for ten years and had established a new life and new circle of friends for himself. Therefore, when Vickie retired, she inadvertently was not included in his social life. They spent little time together because he was always "helping" his friends. Although she complained, her words fell on deaf ears. Finally, several years later, out of frustration and hurt feelings, she decided to divorce Tom. Vickie said that she might as well be divorced as married and alone.

It was several years later that she was with some of her girl friends when one asked her if she was going to get married again, someday. She asked, "who would marry a woman over sixty?" With the encouragement of her friends, laughingly, she made a decision to marry, but it would be someone with Earth as his astrological sun sign. She said that she had had it with sulky water signs, and "off the wall" air signs, and could not stand the controlling ways of people with fire signs. Then she forgot about it and continued to spend much of her spare time doing volunteer work, pulling weeds in her garden, doing crafts and visiting friends.

About a year later, Vickie was invited to a self-improvement lecture. There she was introduced to Mark who, she later discovered, just happened to be an Earth sign. He asked her for her phone number, but he did not call her for several months. Vickie had more-or-less forgotten about him when he called and invited her to lunch. This was the beginning of their relationship. One thing led to another and they became engaged. Consequently, when Mark became ill, Vickie was there to push his wheelchair down the hall to the doctor's office. This goes to show that all decisions are fulfilled at exactly the "right" time. By the way, they since have married and appear to be very happy. All their friends say that their marriage was made in Heaven, and perhaps, it was.

Chapter 14

The Truth Of The Matter Is...

Unlike most women, who are quite young when they decide to get married someday, most men with whom I've talked have everything else but marriage on their minds. I can't think of any of the guys with whom I went to high school, who decided marriage was their life's goal. The exceptions, of course, were those couples who were high school sweethearts. Most of the rest of us were too busy thinking about what type of work we were going to do in order to make a living or what college we would go to after graduating from high school. Our primary focus was on a career, not marriage.

I hate to sound crude, but having sex once in a while was constantly on our minds, but not marriage. Over the years, I've found these adolescent priorities are slow to change for most males. This is a fact that every woman knows at some level of consciousness. It is only the very young or idealistic woman who believes otherwise. Nevertheless, without a doubt there are exceptions.

Statistics reveal that most healthy males are married by the time they are thirty. Yet, I don't know of one man who actually decided to marry someone, someday before meeting her. The male assumption usually is that he is single, and will stay that way. Wrong! If a man, or a woman for that matter, really had no intention of getting married, he should make a decision to remain single. In fact, from experience I know that the majority of men probably decide **not** to get married because most men are wary of marriage. Actually, it is this very decision that "sets them up" to join the ranks of the married. Remember what I said about the **nots** and the **nevers**?

Because it cannot execute a negative decision, the Higher Self must delete the word **never**. Thus, the decision now reads, "I'm going to marry someday" and that he will. Decisions always need to be stated in the positive. (Of course, this, as well as any other decision, can be changed at any time.)

The thing of which most men are unaware is that the power of decision applies to relationships as well as to careers. Little do they know, as you are sitting there reading this book, you also are formulating a decision which most certainly will have a dramatic impact on their bachelor lifestyle. Happy hunting!

Conclusion

Whatever You Imagine! Whatever You Dare!

Even though the focus of this book is on how to use the Creative Decision Process to create or end relationships, or find a person with whom to have them, these are not its only applications. Over the years, my students have used this Process for everything conceivable from getting better jobs, acquiring rare antiques, improving their golf games, healing and to actually changing the size of their body. Business owners and managers have used the process to resolve business and personnel problems. Attorneys have used it to win cases. Evidently, the Higher Self knows no limits. Therefore anything is possible if people will dare to make positive decisions for their life and ultimately their happiness. See the book, *The Magical Power of Creative Decisions*, to be published later this year.

You can use the Decision-Making Process for everything and as often as possible. Have fun! Experiment with it! Use it daily! And for God's sake, don't let your logical, analytical mind get in the way. Whenever you begin to come up with reasons why you can't do something, STOP! Instead, make up your mind to do it. Decide to have it, become it or find it. Remember, you don't have to believe that the process will work in order for it to work.

Since any new decision automatically replaces any pre-standing decision, the new "program" automatically will replace the outdated ones in the same way that new computer programs will replace those which are outdated. A very wise and long-standing decision that everyone should make is "from now on to only make wise and personally beneficial decisions."

Begin **NOW** to start making decisions **for** yourself rather than **against** yourself. **WHAT DO YOU HAVE TO LOSE?** (Remember that you get that which you order, so make sure you think carefully about the decision being very specific.) Also, follow the guidelines. I have given you the words to use, and not use, in this book when making your decision, as that will be exactly what you receive. Remember that the Universal Mind assumes nothing.

I almost can hear some of you give a list of reasons why you cannot make a decision. Sure, you are not perfect and there are negative influences around you, but you don't have to let them control you....It's your decision. "You can wish and talk about what you desire from life, yet what you actually end up with depends upon the decisions you make..."* In addition, until that decision to have, find or be it is made, nothing will happen. Take control of your life. **Dare to make that decision that will manifest your life goals and dreams of a happy and fulfilled life.**

* *With permission from Ralph Marston, "The Daily Motivator: February 20, 2002*

Appendix 1

Shopping List: Type of Relationship

Type of relationship:

Marriage: Open ended/monogamous

Platonic

Live-in

Love affair

Committed

Uncommitted

Friendship: Long/short lasting

Qualities of chosen relationship:

The relationship should be mutually beneficial and reciprocal.

It should be based on :

love

honesty

integrity

respect

honor

loyalty

compassion

enjoyment

commitment

equality

Other qualities:

enduring (if you choose)

understanding each other's needs

similar interests

freedom to be myself

personally fulfilling

Appendix 2

Shopping List : Type of Soulmate

COMPATIBLE

Physical Characteristics:

Male or female/sexual orientation

Married or single

Healthy

Physically appealing

Height/weight

Color of eyes/hair

Race

Astrological sign

Age

Handyman/intellectual

Social Characteristics: Compatible Life Goals

Job/career

Education

Religion

Interests; Do things together sports, home body, party hound etc.

Hobbies

Unencumbered

Lives in my locale

Emotional/psychological Characteristics

Healthy

Easy going/serious

Mature/self-sustaining

Likes children/ Does not "need" children

Empathetic/compassionate

Understanding

Good listener

Likes people

Enjoys life/optimistic

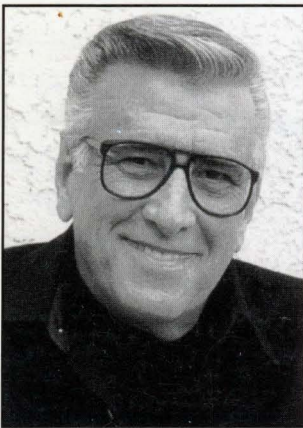
About the book:

In this informative and fascinating book, *How to Find Your Soulmate in Seven Simple Steps*, Bryan Jameison discusses how everyone can use the Creative Decision Process that he developed to take control and enhance their love lives and/or find their soulmate.

In his book, Bryan not only shares how he developed and how to use his seven-step process, he includes many stories of people who have used it to make their relationships more satisfying and meaningful. In addition, he discusses the "Do's and Don'ts" when making a decision and the warning signs that occur when going through with it will cause harm or hurt.

About the Author

Bryan was born and raised in a religious family in Chicago. Even as a child, he questioned why all of his prayers to God weren't answered since none of them would cause him harm. When he was a salesman, he pondered why some people were successful, and others were near failures despite the fact that they worked hard and attended many self-improvement workshops.



Even after attending many workshops and reading a variety of books about "how to be successful," he still felt something was missing. It wasn't until after he performed an autopsy of his life that he realized that his prayers were answered only after he had made a decision to have, to become or to be. After testing his theory, he concluded that the elusive answer to life-long quest was the intelligent use of the Human Will. He discovered that it is the causal factor that underlies all human behavior and events.

For over thirty-six years, he has been teaching his Creative Decision Process in workshops, as well as to his clients who have used it to enhance their lives. He, of course, has used it to embellish all facets of his life.

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